

Royal University of Bhutan
Paro College of Education
Spring Semester Examination - 2014

B. Ed (P) IV- HPE upper primary (HPE 402)

Full Marks: 100

Time: 3 hours

Instructions:

In this question paper there are two sections (**Section A and Section B**).

Section A is **compulsory** for all.

Section B has four questions, select **ANY THREE** and write the answer.

Diagram to be included wherever necessary.

Section A (40 Marks)

(Compulsory: Attempt ALL the questions)

Question 1

- a. List and discuss four factors that you need to consider while planning HPE lessons.
(4 marks)
- b. Divergent discovery is one of the most effective methods of teaching HPE in upper primary classes. Discuss this method by choosing a suitable topic in HPE. (4 marks)
- c. Regular participation in physical activity helps to improve the health of all the organ systems in the human body. Choose any one of the organ systems and explain how physical activity impacts this organ system.
(4 marks)

Question 2

- a. Explain SEPEP. Discuss three characteristics that you have to follow to create and develop a game.
(1+3=4 marks)
- b. As a sports coordinator of your school, the principal has asked you to organise an inter-class basketball tournament. There are altogether eleven (11) teams taking part namely A, B, C... K. Prepare two different types of fixtures for this tournament and include detailed calendar of all the matches;
 - i. Knockout and
 - ii. Single League.
(4+4=8 marks)

Question 3

Define/write short notes on any eight of the following terms given below (8x2= 16 marks)

- | | |
|----------------------------|-----------------------|
| a. Fetal alcohol syndrome, | h. Kinesiology |
| b. Nicotine | i. Stimulants |
| c. Addiction | j. Endurance |
| d. Error detection | k. Gross motor skills |
| e. Three-Second Rule | l. Dehydration |
| f. Deuce | m. Stagger distance |
| g. Endomorph (Pyknics) | |

Section B (60 Marks)

(Select ANY THREE questions)

Question 4

- “If we fail to encourage the movement, we are failing to encourage the physical development. And then we are undermining our capacity for thoughts.” Explain the above statement. (10 marks)
- What are the major differences between anatomy and physiology? (5 marks)
- Look at the picture given below and describe its characteristics. (5 marks)



(Retrieved from

[https://www.google.bt/search?q=Mesomorph+\(Athletics\)&source=lnms&tbn=isch&sa=X&ei=cDV0U6OAGMTVPJ3cgegG&ved=0CAgQ_AUoAQ&biw=1242&bih=607](https://www.google.bt/search?q=Mesomorph+(Athletics)&source=lnms&tbn=isch&sa=X&ei=cDV0U6OAGMTVPJ3cgegG&ved=0CAgQ_AUoAQ&biw=1242&bih=607), on 15/05/2014)

Question 5

- a. Explain five major differences between growth and development? (5x2=10 marks)
- b. Think of the Bhutanese diet and explain the effect of it on growth and development of a person. (5 marks)
- c. How can we classify our body using Sheldon and Carter system? (5 marks)

Question 6

- a. Explain the term “Learning Curve”. (4 marks)
- b. Discuss any three factors, which affect the transfer of learning. (3x4= 12 marks)
- c. Discuss the implications of learning curve in PE and sports. (4 marks)

Question 7

Bhutan is witnessing an ever-increasing number of social problems related to drugs, alcoholism, teenage pregnancy and sexual aberrations. Schools and teachers play crucial role in preventing and minimizing such social problems. Answer the following questions related to the above statement.

- a. As a future teacher, what are some of the plans that you would like to implement in the school to help the government tackle such social problems? (15 marks)
- b. Discuss alcohol related health problems that are prevalent in the country. (5 marks)