

Royal University of Bhutan
Paro College of Education
Autumn Semester Examination – 2013

B.Ed (P) II – Health and Physical Education (HPE201)

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. In section B there are four questions, select **ANY TWO** and write the answer. Diagram to be included whenever necessary*

Section A (50 Marks)

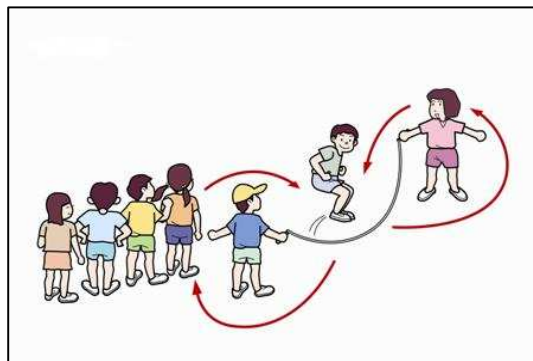
(Compulsory to attempt all the questions)

Question 1

- a. Mentions some factors that affect health of a person and support your answer with examples. (10 marks)
- b. How does play support children's development and learning? (10 Marks)
- c. Define manipulative skills and explain its type. (5 Marks)

Question 2

- a. What do you mean by 8020 (dental care) slogan in Japan? (4 Marks)
- b. AIDS develop when an infected person starts having opportunistic infections. State opportunistic infections in your own words. (5 Marks)
- c. Differentiate between HIV and AIDS. (4 Marks)
- d. Explain the differences between HIV (Virus) and FLU (Virus) . (4 Marks)
- e. "According to the medical evidence, exercises are good for some diseases," justify the statement. (4 Marks)
- f. Write some teaching points to teach your students how to skip a long rope like 8 very well. (4 Marks)



Section B (50 Marks)
(Answer ANY TWO questions)

Question 3

- a. You are a first grade primary school teacher and you are teaching tag games. Today is a very cold day. Make a warming up and cooling down plan for the little boys and girls. (4 Marks)
- b. World health organization (WHO) : Definition of Health
- i. Fill in brackets. (4 Marks)
Health is a state of (1) (2), (3) and social (4) and not merely the absence of disease or infirmity.
- ii. Recently WHO was trying to change the definition of health. Give reasons for it. (5 Marks)
- c. Explain the following Japanese games briefly. (3x4 marks)
- i. Grounder Dodge ball 2 ii. Janken- train champion
iii. Medicing ball(relay game) iv. S-ken tag game

Question 4

- a. What kind of First Aid will you provide to a person who has got an ankle sprain? (10 Marks)
- b. Explain the Law of Effect and Law of Primacy. (10 Marks)
- c. Why is movement, the cornerstone for physical education? (5 Marks)

Question 5

- a. How does formative assessment help us when we teach health and physical education in the classroom? (5 Marks)
- b. What is First Aid? (5 Marks)



- c. How would you react if a person has fracture? (8 Marks)
- d. What are the basic things that you do in the First Aid? (7 Marks)

Question 6

- a. Mention the major differences between inclusion style and self checked style. (5 Marks)
- b. Explain the Primary survey and the Secondary survey. Explicate how do these methods help us. (15 Marks)
- c. What is BMI? How does BMI help us to maintain our body? (5 Marks)