

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

B. Ed (P) III– HPE in Lower Primary(HPE201)

Full mark: 100

Pass mark: 50

Time: 3 hours

Instructions:

In this question it contains two sections (Section A and Section B).

Section A is compulsory for all.

In section B there are three questions, select ANY TWO and write the answer.

All questions carry equal marks in Section B.

Diagram/s to be included whenever necessary.

Section A (50 Marks)

Attempt all the questions in this section.

Question 1

- a. How will you explain briefly to students the importance of warming up and cooling down? (5)
- b. Before the lesson and warming up, what do you have to do as a teacher? (5)
- c. You are a 5th grade teacher. “Today’s lesson is soccer; it is a very cold day.” (5)
Make a 5~7minutes warming up plan for primary students.
- d. Explain the difference between viruses and bacteria. (2)

Question 2

Explain the Japanese games briefly. (2x4)

- a. Sports tag game.
- b. Port ball.
- c. Dodge ball.
- d. Skipping long rope like 8

Question 3

- a. Define the following. (2 x 3)
 - i. HIV
 - ii. AIDS
 - iii. Pandemic
- b. What is the difference between common cold and flu? (2)
- c. Which is the strongest virus “HIV” or “FLU”? (2)
- d. What does “WHO” stand for? (2)
- e. What is the Definition of Health (WHO)? (5)

Health is

f.

A woman is 25 years old. She is one of the five people infected with HIV who came out in the open on the national television show on HIV by the Bhutan Broadcasting Service during the WORLD AIDS DAY in 2011.

“We are no different from those who aren’t infected.” she said.

Why did she say, “We are **no different from those** who are not infected”? Give reasons for this statement. (4)

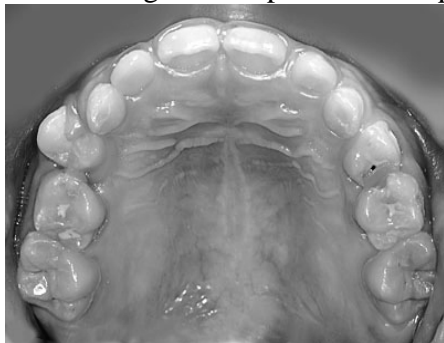
g. Describe how you can teach how to wash hands and gargle to students. (4)

Section B (50 Marks)

Answer ANY TWO questions from this section)

Question 4

- WHO Ottawa charter for health promotion in 1986 said that the fundamental condition and resources for health require 8 prerequisites. What are the eight prerequisites? (10)
- Define the following. (2x2)
 - Cavity
 - Gum disease
- Make an oral health care plan for students. (6)
- Guess the age of this person? Explain the reason. (5)



Question 5

- Define physical fitness in your own words? Mention all the components of physical fitness and explain any two. (10)
- Explain all the principles of methodologies and write the major differences between command style and inclusion style? (10)
- What is a fundamental movement skill? (5)

Question: 6

- a. Define manipulative skills in your own words. What are the two types of manipulative skills and write the major differences between it. (7)
- b. "People of all age groups can develop diabetes, in Bhutan adults over 40 years are found to be more diabetic ; monks top the list," Give a strong justification to the above statement. (7)
- c. Describe some factors which affect physical fitness. (6)
- d. Using the formula for BMI, calculate the BMI for the following persons by taking the information as mentioned. (5)

i. Person X:

Height = 168 cm

Weight = 65 kg

ii. Person Y:

Height = 177 cm

Weight = 78 kg

BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater