

**Spring Semester Examination 2015**  
**Paro College of Education**  
**Royal University of Bhutan**

**Paro**

**Module:** HPE 201 (Lower Primary HPE)

**Program:** B.Ed (Primary)

**Level:** II

**Writing Time:** Three Hours

**Full Marks:** 100

---

**Instructions:** Do not write during the first 15 minutes; use this time for reading the questions. You will get full three hours for answering the questions. Write the answers to all the questions in the answer sheets provided by the college. Read the directions to each section and to each question carefully before answering the questions.

---

**SECTION A**  
**5 Questions-10 Marks**  
**Choose ANY FIVE terms to explain**

**Direction:** This section has seven terms related to Health and Physical Education. Choose any five terms and explain in about 4 sentences.

**Question 1**

- a. Physical Education
- b. First-Aid
- c. Osteoporosis
- d. Physical development
- e. Learning curve
- f. Calisthenics
- g. Aerobic dance

**SECTION B**  
**5 Questions-20 Marks**  
**Choose ANY FIVE to write the difference**

**Direction:** This section has seven pairs of terms related to Health and Physical Education.  
Choose any five pair of terms and explain the differences in about eight sentences.

**Question 2**

- a. Sprain and strain
- b. Health & Physical Education (HPE) and Games & Sports
- c. Closed motor skills and open motor skills
- d. Dislocation and fracture
- e. Guided discovery and convergent discovery teaching styles
- f. Primary survey and secondary survey
- g. Locomotor skills and Non-locomotor (stability) skills

**SECTION C**  
**TEN Question-10 Marks**  
**Answer all the questions**

**Question 3**

**Directions:** There are 10 statements consisting of ten blank spaces as shown with numbers. Fill in the blanks with most appropriate answers. Write your answers against the numbers in your answer sheets.

- a. Physical means ‘.....**1**.....’ and education means ‘systematic instruction’ or training.
- b. The .....**2**.....culture invented the Olympic Games.
- c. Growth is an .....**3**.....in the size of the body as a whole.
- d. An increase in cell size is called as .....**4**.....
- e. Fundamental Movement Skills are the foundation for development of more .....**5**..... and specialized motor skills used in games, sports, dance, and fitness activities.
- f. Discrete motor skill is a motor skill with clearly defined start and end points, usually requiring a .....**6**.....movement.
- g. Functional first-aid capabilities required to provide the initial .....**7**.....care necessary to sustain life and to maintain temporary life support to victims of accidents or sudden illness are developed in this course.

- h. When the body is unable to cool itself by sweating is called as .....**8**.....illness.
- i. Spectrum of Teaching Styles is “universal” and independent of age, content ...**9**..., grade, and ability levels.
- j. Shock and fainting occur when there has been a ....**10**.....in blood pressure.

**SECTION D**  
**THREE Question-60 Marks**  
**Answer ANY 3 set of questions**

**Directions:** There are FIVE sets of questions in this section. Choose any three sets of questions and answer them. All the questions pertaining to the chosen set must be answered.

**Question 4**

- a. Explain any five manipulative skills? (5)
- b. List down four factors that affect the health of a person? Justify with two examples each? (8)
- c. How does play support children’s physical development and cognitive learning? (7)

**Question 5**

- a. Movement is the corner stone for physical education. Justify? (5)
- b. How will you handle a casualty with ankle sprain? Explain the First-Aid process involved within the first 68-72 hours? (7)
- c. Explain: (8)
  - i. Law of Effect
  - ii. Law of Primacy

**Question 6**

- a. Explain three characteristics of learning? (6)
- b. Explain any four principles of fitness development? (8)
- c. How does formative assessment benefit teaching Health and Physical Education? (6)

**Question 7**

- a. What is BMI? How does BMI assessment assess our health status? (5)
- b. Explain any four principles of fitness development? (7)
- c. List at least 4 purposes of Elementary Health and Physical Education? Explain any two. (8)

**Question 8**

- a. What are the health benefits of dancing? Explain. (6)
- b. How does warming up prepare your body physiologically? (7)
- c. Design a fun game for Class-III students for 25 minutes focusing on the game volleyball. (7)