

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

B. Ed (P) II- HPE lower primary (HPE 201)

Full Marks: 100

Time: 3 hours

Instructions:

Do not write for the first 10 minutes. This time is to be spent in reading the questions. The above mentioned time is for writing your answers. This paper consists of two sections; **Section A**, **Section B**. You are required to follow the instructions as mentioned under each section.

Section A

Compulsory: Attempt ALL the questions.

Question 1

(2 x 10 = 20)

You can choose any 10 and write short notes on it. Proper explanation of each term will draw you 2 marks.

- | | |
|---------------------------------------|--------------------------------|
| a. Convergent Discovery | i. Muscular strength |
| b. Productive teaching style | j. Movement concepts |
| c. Target Heart Rate | k. Gross skills |
| d. Discrete skills | l. CPR |
| e. Abraham Maslows Hierarchy of needs | m. Performance related fitness |
| f. Calisthenics | n. Complex carbohydrates |
| g. Rubrics | |

Question 2

(1 x 10 = 10)

Each question has four options. You have to choose the most correct answer and write it on the answer sheet provided separately. All the questions are compulsory for you to answer.

a) Stretching is a

- A. locomotor activity.
- B. non-locomotor activity.
- C. manipulative activity.
- D. reflexive activity.

b) The picture below depicts one of the components of Physical Fitness and that is



- A. stretching.
 - B. body fitness.
 - C. flexibility.
 - D. endurance.
- c) Cardio vascular is the term related to heart and
- A. muscles.
 - B. oxygen.
 - C. vessels.
 - D. lungs.
- d) The two areas for easy detection of pulse in adult human body are
- A. carotid artery and radial artery.
 - B. brachial artery and radial artery.
 - C. radial artery and wrist artery.
 - D. alveolar artery and radial artery.
- e) Despite many physical, mental and emotional benefits, the majority of the population is inactive and this has led to a lot of diseases related to
- A. obesity due to inactive lifestyle.
 - B. obesity and nutritional habits.
 - C. obesity and active lifestyle.
 - D. obesity and diabetes.
- f) A good warming-up before a physical activity does all of the following EXCEPT prepare the
- A. cardiovascular system.
 - B. metabolic system.
 - C. musculoskeletal system.
 - D. thermal system.
- g) Iron deficiency is known as
- A. anemia.
 - B. myopia.
 - C. insomnia.
 - D. arthritis.

h) Checklists are assessment tools used in Physical Education Activities to

- A. detect presence or absence of skills.
- B. used to determine degree to which behavior has been learned.
- C. create new movement strategies from learned material.
- D. personalize the PE experience.

i) RDA in nutrition refers to

- A. Required Daily Allowance.
- B. Recommended Dietary Allowance.
- C. Recommended Daily Allowance.
- D. Requested Dietary Allowance.

j) Lack of vitamin D causes

- A. beriberi.
- B. scoliosis.
- C. rickets.
- D. anemia.

Question 3

(0.5 x 20 = 10)

You have to fill out all the blanks and each blank carries half mark. The answer should be written on the answer sheet with the numbers.

- a) Growth and development proceeds from (1) to (2) and from (3) to (4).
- b) The three stages of skill learning are Cognitive, (5) and (6) stages.
- c) A (7) in First-Aid is a medical covering for a wound, usually made of (8).
- d) Motor skill development in children can be classified into two categories and they are (9) and (10).
- e) A (11) skill has no distinct beginning or end. Examples are dribbling in basketball and driving a car.
- f) In physical fitness, (12) is the ability to make rapid movement of the same type in the shortest possible time and (13) is the ability of the human body to change direction quickly and effectively.
- g) Style E in Mosston and Ashworth Spectrum of teaching style is (14) style.
- h) W.H.O. defines Health as the complete status of physical, mental and (15) well-being and not only the absence of (16) or infirmity.
- i) (17) and (18) a traditional dance performed during special occasions and Tsechus that contain elements of both zhungdra and boedra.
- j) 8 calories of energy derived from protein will weigh (19) grams approximately and 3 grams of fat will provide you (20) calories of energy approximately.

Section B

Answer *any three* questions out of *five*. Each question carries 20 marks.

Question 4

- a) Explain the importance of primary school health and physical education curriculum in Bhutanese schools? (10)
- b) Why it is important for HPE educators to understand growth and development of children? (10)

Question 5

- a) What is the difference between health related fitness and performance related fitness? (10)
- b) Mention any five factors that affect health of a person. Support your answer with examples. (10)

Question 6

- a) Following the FITT principle of exercise, develop your own exercise regiment for one week on development of flexibility with inclusion of Sundays as a rest day. (10)
- b) Choose any one style of teaching based on Mosston and Ashworth Spectrum of teaching style and plan a physical education class activity relevant for class III students in a primary school setting. (10)

Question 7

- a) What do you understand by the term '*First-Aid*'? Outline and explain at least six traits to be a competent First-Aider? (2 + 8=10)
- b) Focusing the PRICED therapy of treating a person with a sports injury, explain in detail how you would treat a student in your Physical Education practical class if he has suffered from an ankle sprain. (10)

Question 8

- a) What do you understand by fundamental movement skills? Give 3 examples each for the following: locomotors, non-locomotors and Manipulative skills. (1+3+3+3= 10)
- b) Why it is important to teach fundamental movement skills to children especially during their formative age? (10)