

**Autumn Semester Examination 2021**  
**Paro College of Education**  
**Royal University of Bhutan**  
**Paro**

**Module:** PSA101 (Introduction to PE & Sports).

**Programme:** Diploma in Physical Education and Sports Coaching

**Writing Time:** 1.30 Hours **Full mark:** 50

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**Instructions:** Do not write during the first fifteen minutes; use this time for reading the questions. You will be given 1 ½ hours to answer the questions. Read the directions carefully before answering the questions

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**SECTION A**  
**One Question (10 marks)**  
**Answer All Questions**

**Direction:** This question contains 10 sub-questions. Each question in this section is followed by four possible choices of answers. Choose the most correct answer and write it down in the answer sheets provided.

**Question 1**

<b>a. Who started the Modern Olympics?</b>	
A. Baron Perier De Coubertin	
B. The Greeks	
C. Perier Charles	
D. Zeus	

<b>b. What is the meaning of the Olympic motto? Citius Alitius &amp; Fortius.</b>	
A. Progressive, faster, Stronger	
B. Swifter, higher committed	
C. Faster, higher, stronger	
D. Faster, quicker, swifter	

<b>c. Which of the following best shows sportsmanship</b>	
A. Helping an injured team mate	
B. Sharing with an opponent a water bottle	
C. Congratulating your opponent that defeated you	
D. Showing your opponent, the changing room	

<b>d. What does the Olympic flame represent?</b>	
A. Peace during the Olympics	
B. Unity among the nations that participate in the Olympics	
C. The Link between the ancient Olympics	
D. To Light up the stadium	

<b>e. What does the Olympic Rings represent?</b>	
A. Unity among the countries who participate in the Olympic games	
B. The five continents that participate in the Olympics	
C. The flag of countries that take part in the Olympics	
D. All race participates	

<b>f. According to German, the mother of all games and sports is</b>	
A. Athletics	
B. Swimming	
C. Gymnastic	
D. Combative	

<b>g. Physical activity is basically</b>	
A. Social attributes	
B. Psychological	
C. Sports activities	
D. Biological	

<b>h. The literal meaning of philosophy is</b>	
A. Love of wisdom	
B. Love of Knowledge	
C. Love of Beliefs	
D. Love of logics	

<b>i. Which is NOT a leadership style</b>	
A. Autocratic	
B. Laissez-Faire	
C. PE Teacher	
D. Democratic	

<b>j. Which best describes the Laissez-Faire style</b>	
A. Teacher commands the group	
B. No authority given; group makes own decisions	
C. 50/50 teacher and student split	
D. Students do nothing	

## SECTION B

### Four Questions (10 Marks)

**Direction:** There are **FOUR** questions and write their answers as directed in the answer sheets provided. The intended marks for each question are given in the brackets.

#### Question 2

Define and differentiate Physical Education and Sports? (2  $\frac{1}{2}$ )

#### Question 3

Compare PE classes of the past to the present. State two strategies to improve the status of PE in the Bhutanese schools? (2  $\frac{1}{2}$ )

#### Question 4

What do you understand by Olympic Solidarity? Discuss on the importance of it? (2  $\frac{1}{2}$ )

#### Question 5

Why would you consider the quality leadership in team sports? Justify with reasons? (2  $\frac{1}{2}$ )

**SECTION C**  
**Six Questions (30 Marks)**

**Direction:** There are **SIX questions** and write their answers as directed in the answer sheets provided the intended marks for each question is given in the brackets.

**Question 6**

How would you describe the philosophy of idealism, realisms, pragmatism in the context of Bhutanese Physical Education and Sport? (5)

**Question 7**

Define Physical Education and its the role of Physical Education to Bhutanese Education and the Bhutanese sports? Justify to the context. (5)

**Question 8**

Growth & development: is a study considered important to the Bhutanese children. How would justify the importance of it? (5)

**Question 9**

Doping is crime and how would defend that it is not a crime as many of the advance countries are in so many involved into this practice. Make an argument that it is not crime. (5)

**Question 10**

How would one differentiate Physical Education, Sports and Physical training? (5)

**Question 11**

Discus on the woman sports: (5)

- I. Challenges of having women in Olympic and in Bhutan
- II. Sexual exploitations in Bhutanese sports