

Autumn Semester Examination 2022
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

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

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 in the answer sheets provided.

Question 1

a. The ancient Olympics is associated	
A. Baron Perier De Coubertin	
B. The Greeks	
C. Perier Charles	
D. Zeus	

b. The meaning of Citius Alitius & Fortius.	
A. Progressive, faster, Stronger	
B. Swifter, higher committed	
C. Faster, higher, stronger	
D. Faster, quicker, swifter	

c. Sportsmanship is associated with	
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	

d. The flame in Olympic represents	
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	

e. The Olympic Rings represents	
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	

f. German associates all sports to its	
A. Athletics	
B. Swimming	
C. Gymnastic	
D. Combative	

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

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

i. Which is NOT a leadership style from the following?	
A. Autocratic	
B. Laissez-Faire	
C. PE Teacher	
D. Democratic	

j. Which best describes the Laissez-Faire style	
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

What are the philosophical and social aspects of learning physical educations and sports in diploma programme in the College? ($2\frac{1}{2}$)

Question 3

Differentiate between past and present physical activities? ($2\frac{1}{2}$)

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
Five Questions (30 Marks)

Direction: There are **Five 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 rationalize sports and physical education programme for the good of the Bhutanese society in particular and virtues for the global citizens? (6)

Question 7

Define physical education and it's the role of physical education to Bhutanese Education and the Bhutanese sports? Justify to the context. (6)

Question 8

How would like to relate education, experiences and environment to your areas of sports and physical education discipline? (6)

Question 9

How would you relate the context of Bhutan's historical artifacts to educate the Bhutanese youth in sports and physical education? (6)

Question 10

Discus on the woman sports: (6)

- I. Challenges of having women in Bhutanese sports
- II. Sexual harassment in Bhutanese sports