

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

FITNESS METHODS

PE305SEB

YEAR 3

TIME: 2 HOURS

SECONDARY

**INSTRUCTION: Candidates are required to answer ALL questions in Section A and
THREE questions from Section B.**

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A – 20 marks
Answer ALL questions in this section

- 1) Reaction time, power, speed and balance are examples of
 - a) health related components.
 - b) technical related components.
 - c) skill related components.
 - d) tactical related components.

- 2) Activities, events and settings in which individuals, with and without disabilities, train have fun or compete, are called
 - a) mainstream sport.
 - b) recreational activity.
 - c) modified sport.
 - d) disabled activity.

- 3) What is the ability to obtain approximately the same results of a fitness test regardless of the number of times it is given?
 - a) Test Objectivity
 - b) Test Validity
 - c) Test Reliability
 - d) Test Measurability

- 4) The FITT acronym includes all the following EXCEPT
 - a) time.
 - b) tedium.
 - c) intensity.
 - d) frequency.

- 5) The recommendation by *ACSM* and *WHO* is that exercises should be
 - a) one hour per day, four days per week.
 - b) at least half an hour per day, two days per week.
 - c) an hour per day, five days per week.
 - d) at least half an hour per day, three days per week.

- 6) Identify the skill-related component of physical fitness.
 - a) Cardiovascular endurance
 - b) Flexibility
 - c) Neuromuscular relaxation
 - d) Body weight and composition

- 7) At the beginning of an exercise programme our client should do a
 - a) cooper test.
 - b) step up test.
 - c) beep test.
 - d) par-q-test.

- 8) Which of the following is an example of hypokinetic disease?
- a) Pneumonia
 - b) Asthma
 - c) Covid 19
 - d) Diabetes
- 9) During the first phase of marketing, the emphasis is on
- a) making maximum profit.
 - b) market testing.
 - c) changing the product.
 - d) competition testing.
- 10) The term *warm-up* is described as
- a) physiological and tactical.
 - b) physiological and psychological.
 - c) physical and social.
 - d) organic and technical.
- 11) Which type of stretch is recommended just before competition?
- a) PNF
 - b) Isometric
 - c) Static
 - d) Dynamic
- 12) Lifestyle diseases can be caused by
- a) balanced diet.
 - b) exercise.
 - c) adequate rest.
 - d) inactivity.
- 13) A person's body composition is best determined by the
- a) x-ray method.
 - b) skin fold method.
 - c) light spectromy method.
 - d) hydrostatic weighing.
- 14) Advertising and health fairs are an integral part of the marketing aspect of
- a) price.
 - b) equipment.
 - c) promotion.
 - d) position.

- 15) How many measurements must be added to obtain proper skin fold readings?
- a) Four
 - b) Three
 - c) Two
 - d) Five
- 16) In adapted Physical Education, it is politically correct to refer to persons with disability as
- a) the mentally retarded person.
 - b) the blind man.
 - c) the man who is blind.
 - d) the silly blind man.
- 17) Flexibility is limited by factors such as
- a) age and gender.
 - b) size and strength of the muscle.
 - c) nutrition and exercise.
 - d) height and size of a person.
- 18) The recommended time for a warm-up to be completed before workout is
- a) 10-12 minutes.
 - b) 15-20 minutes.
 - c) 20-30 minutes.
 - d) 25-30 minutes.
- 19) _____ is the second stage of the product life cycle.
- a) Survey
 - b) Research
 - c) Growth
 - d) Accounting
- 20) The actual number of years a person has been alive is called
- a) biological aging.
 - b) chronological aging.
 - c) actual aging.
 - d) definite aging.

SECTION B- 60 marks

Answer any THREE questions in this section

- 1) Discuss any FIVE health related components of physical fitness, and their importance to the initial stage of conditioning of a group of athletes. (20 marks)

- 2) Principles of exercise programme design are critical to an individual's performance. Explain any FIVE basic principles of an exercise programme designed for a group of fitness clients. (20 marks)

- 3) Aging causes several physiological functions to decrease. Explain how the aging process affects any FOUR physiological systems. (20 marks)

- 4) Discuss FOUR phases of the product life cycle. In your discussion explain FOUR possible factors that could affect the length of the cycle. (20 marks)

- 5) Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain-free range of motion. Discuss FIVE benefits of flexibility to the optimal performance of a gymnast. (20 marks)

END OF EXAMINATION

