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**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN COACHING
JANUARY 2021 EXAMINATION**

**HISTORY AND PHYSICAL EDUCATION AND SPORT
[CO121ASC]**

YEAR 1

DURATION: 2 ½ HOURS

INSTRUCTIONS:

- 1. Do not turn page until told to do so**
 - 2. Answer all the questions in Section A and two (2) questions in Section B**
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DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A

(40 MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION ON THE ANSWER SHEET PROVIDED. ANSWER IN COMPLETE SENTENCES.

1. Differentiate between Physical Education and Sport. **4 marks**
2. Give two (2) contributions of a) Corrubus the Cook and b) Baron Pierre de Coubertin in the development of Sport. **4 marks**
3. State two (2) significance of Zeus in the Ancient Olympic Games. **2 marks**
4. Give the meanings of the Motto and the Logo used in the Olympic Games. **4 marks**
5. Prior to 2020, the Olympic Games was cancelled three times in its history. State two (2) reasons for any one of these cancellations. **2 marks**
6. State how countries become participants in the Commonwealth Games. **2 marks**
7. Name three (3) sports/events that were a part of the Ancient Olympic Games. **3 marks**
8. Give two (2) goals of organizing major Global Sport Events. **2 marks**
9. Physical Education has many benefits. List two (2) economic and two (2) social benefits of Physical Education and Sport. **4 marks**
10. Apart from being a Coach, give three (3) occupations one can acquire from doing Physical Education as a subject area. **3 marks**
11. List the three (3) domains of Physical Education. **3 marks**

12. What is Idealism? Give two (2) likely behaviours of an athlete who is guided by the Philosophy of Idealism? **4 marks**

13. In your own words, give three (3) major views of Jean Jacques Rousseau on Physical Education and Sport. **3 marks**

SECTION B

(40 MARKS)

ANSWER ANY TWO (2) QUESTIONS IN THIS SECTION, IN AN ESSAY-FORMAT. WRITE IN THE ANSWER BOOKLET PROVIDED.

1. Evaluate two (2) arguments (for and against) the roles of a) Ancient China and b) Ancient India in the development of Sport and Physical Education globally.

20 marks

2. The Dark Ages and Renaissance were contrasting periods in the development of Physical Education and Sport. Discuss two (2) features of **each** period.

20 marks

3. Women and Girls in Sport was not acceptable in the early development of sport. The United States was significant in aiding the development of female sport and creating gender balances in sport.

Discuss two (2) reasons females were not allowed to compete in sport in the early Greco-Roman Empire and two (2) ways Title IX contributed to the growth of female participation in the 20th century.

20 marks

4. There are three (3) Theories of Play which explain the role of Physical Education and Sport in the development of children. Explain each theory and examine two (2) importance of each theory in explaining a child's development.

20 marks

END OF EXAMINATION

