

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2018 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SWIMMING II

[PE 208SEB]

**YEAR 2
SECONDARY**

TIME: 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions in Sections A and B and TWO questions from Section C.

SECTION A (20 marks)

Answer ALL questions from this section by circling the letter beside the most appropriate response.

1. The breast stroke is done entirely in a _____ position.
 - a. supine
 - b. prone
 - c. vertical
 - d. horizontal

2. In the butterfly stroke, where does the recovery of the arms take place?
 - a. Over or out of the water
 - b. Beside the body
 - c. Anywhere
 - d. Under or in the water

3. The kick used in the execution of the butterfly stroke is
 - a. flutter.
 - b. whip.
 - c. dolphin.
 - d. finning.

4. Which of the following is a cause of faulty streamlining?
 - a. Drag resistance
 - b. Frontal resistance
 - c. Improper alignment
 - d. Proper body position

5. For proper form in underwater swimming
 - a. your hands should reach as far as possible in front of you at the start of the pull.
 - b. you should start your underwater pull by pushing water sideways in front of you.
 - c. your arms should be straight during the underwater pull.
 - d. your arms should be close to the side at the pull.

6. Which of the following dives can be done in water six feet deep?
 - a. Standing
 - b. Kneeling
 - c. Sitting
 - d. Lounge

7. The first thing a life guard must do when a person is in difficulty in water is
 - a. jump in and rescue.
 - b. assess the situation.
 - c. throw in a device.
 - d. get help.

8. What are the FOUR components that make up the breast stroke?
 - a. Arm action, kick, body position, breathing
 - b. Body position, breathing, knee bend, arm bend
 - c. Kick, body position, breathing, head position
 - d. Breathing, body position, kick, turn

9. When effecting a rescue with a buoy that is attached to a rope, we should ensure that we
 - a. stand on the end of the rope.
 - b. wrap the rope tightly around our hands.
 - c. wrap the rope around our waist.
 - d. leave the rope free.

10. Gliding can best be defined as a streamlined position as the body moves through the water with
 - a. kick of the leg.
 - b. arm action.
 - c. movement of the arms and leg.
 - d. no arm or leg action.

11. All of these factors affect a swimmer EXCEPT
 - a. resistance, drag and hydrodynamics.
 - b. buoyancy, propulsion and drag.
 - c. streamlining, and float.
 - d. propulsion, resistance, and glide.

12. Which of the following is NOT a component of the butterfly stroke?
 - a. Body position
 - b. Kick
 - c. Breathing
 - d. Skulling

13. Which is best to be used to rescue a swimmer who is within reach in the pool?
 - a. A telescopic pole
 - b. The hand
 - c. A rescue buoy
 - d. A rope

14. Which governing body oversees the sport of competitive swimming?
 - a. FINA
 - b. Amateur Swimming Association
 - c. USAS
 - d. IOC

15. A 100 pound person effectively weighs _____ pound(s) in the water.
- 1
 - 5
 - 10
 - 50
16. A typical complete swimwear outfit consists of
- suit, cap, earplug.
 - suit, earplug, breathing gas device.
 - suit, breathing gas device, goggles.
 - suit, goggles, caps.
17. How long is an official short course swimming pool?
- 100m
 - 75m
 - 25m
 - 50m
18. The flutter kick is most commonly associated with which stroke?
- Back stroke
 - Breast stroke
 - Free style
 - Butterfly
19. All these below are types of floats EXCEPT
- mushroom.
 - star fish.
 - supine.
 - straddle.
20. How should unknown waters be entered?
- Kneeling dives
 - Crouch dive
 - Straddle Jump
 - Lunge dives

SECTION B

Answer ALL questions in this section. (40 marks)

1. Name the FOUR parts of the butterfly stroke. (4 marks)
2. Give TWO occurrences that improper streamlining can cause. (2 marks)
3. Explain ONE warm up activity that could be used for the butterfly. (4 marks)
4. What is meant by the term “parallelism” in executing the breaststroke? (2 marks)
5. Explain how the whip kick is done. (4 marks)
6. List two competition swimming strokes. (2 marks)
7. Give TWO advantages and TWO disadvantages of using buoyancy aids to teach a stroke. (8 marks)
8. Define the following terms (6 marks)
 - a. Buoyancy
 - b. Streamlining
 - c. Prone and supine positions
9. List TWO major fears that the beginner swimmer may experience. (2 marks)
10. Name TWO coaching points for the body position in the breast stroke. (2 marks)
11. List FOUR points to be observed when using the life buoy with a rope to effect a rescue. (4 marks)

SECTION C

Answer any TWO questions from this section. (40 marks)

1. a. Describe ONE life saving technique that can be used to rescue a distressed swimmer. (10 marks)
b. Explain why and when it is best to use the technique chosen. (10 marks)
2. Outline a full lesson used to teach the kick in either the breaststroke or the butterfly to a group of teenagers giving the coaching points and progression used. Diagrams can also be used to show formation of the class. (20 marks)
3. You were asked to observe a group of swimmers doing the breaststroke and the butterfly stroke. Your observation revealed the following faults in their swimming technique. Analyze the faults and explain drills that could be used to correct these faults.
 - a. The swimmers' feet causes splashes in executing the breaststroke.
 - b. The entry of the arms causes splashes in the butterfly stroke.
 - c. There is twisting of the body while doing the breaststroke.
 - d. While executing the pull in breaststroke, the torso does not come out of the water. (20 marks)
4. You have a grade 9 class to teach the butterfly stroke. Develop and describe familiarization drills and then TWO activities to introduce the students to learning the stroke. (20 marks)

END OF EXAMINATION