

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 -- EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

HOCKEY LEVEL 2

[PE309SEB]

YEAR 4
SECONDARY

TIME 3 HOURS

INSTRUCTION: Answer ALL questions in Sections A and B and THREE questions in Section C. Use the diagram provided for the related question.

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

SECTION A: - 10 marks

Answer ALL questions in this section by circling the most appropriate response to each of the items.

1. If a defending player intentionally fouls an attacking player inside the defending shooting circle, the umpire awards a _____ to the attacking team.
 - a. 16 yard hit
 - b. long corner
 - c. penalty stroke
 - d. penalty corner

2. A player unintentionally plays the ball over the back line in his defending area, therefore a _____ is awarded to the attacking team.
 - a. penalty corner
 - b. long corner
 - c. penalty stroke
 - d. 16 yard hit

3. When a foul is committed simultaneously by both teams during a game, the umpire may use a _____ to restart the game.
 - a. bully
 - b. push-in
 - c. penalty stroke
 - d. 16 yard hit

4. If a defending player intentionally plays the ball over the opponent's backline, the umpire would award a _____ to the attacking team.
 - a. penalty corner
 - b. long corner
 - c. free hit
 - d. 16 yard hit

5. A deliberate foul inside the 25 yards area but outside the shooting circle leads to a
 - a. penalty corner.
 - b. long corner.
 - c. penalty stroke.
 - d. 16 yard hit.

6. Players' conducting fouls in the game would NOT include
 - a. delaying the game through time wasting.
 - b. intentionally raising the ball so it drops in the shooting circle.
 - c. using the feet to support the stick in a tackle.
 - d. trying to score from outside the shooting circle.

7. "Advance on play" means
 - a. Team A is fouled, but maintains possession of the ball and the umpire signals Team A to "play on".
 - b. the umpire allows Team A to advance the ball by 10 yards when Team B commits a foul against Team A, such as hitting away a dead ball.
 - c. the umpire allows Team B to advance the ball by 10 yards when Team B commits a foul against Team A, such as hitting away a dead ball.
 - d. Team A is fouled, loses possession of the ball and the umpire signals Team B to "play on".

8. The Advantage rule means
 - a. Team A is fouled, but maintains possession of the ball and the umpire signals Team A to "play on".
 - b. the umpire allows Team A to advance the ball by 10 yards when Team B commits a foul against Team A, such as hitting away a dead ball.
 - c. the umpire allows Team B to advance the ball by 10 yards when Team B commits a foul against Team A, such as hitting away a dead ball.
 - d. Team A is fouled, loses possession of the ball and the umpire signals Team B to "play on".

9. A player who receives a Red Penalty Card
 - a. receives a temporary suspension for two (2) minutes.
 - b. receives a temporary suspension for a minimum of five (5) minutes.
 - c. is expelled from the game and must leave the area.
 - d. is verbally warned and allowed to remain on the field of play.

10. When a player lifts a ball above the head of his/her teammate,
 - a. a defender may tackle the teammate before the ball hits the ground.
 - b. the teammate must receive the ball and get it under control before being tackled.
 - c. other players may be less than 5 yards from the player who is lifting the ball.
 - d. a defender may be less than 5 yards from the player receiving the ball.

SECTION B – 30 marks

Answer ALL questions in this section by writing in the spaces provided.

1. State TWO “do’s” and TWO “don’ts” of the goal keeper during a game. (4 marks)

2. Differentiate between “man to man” and “zonal” marking. (4 marks)

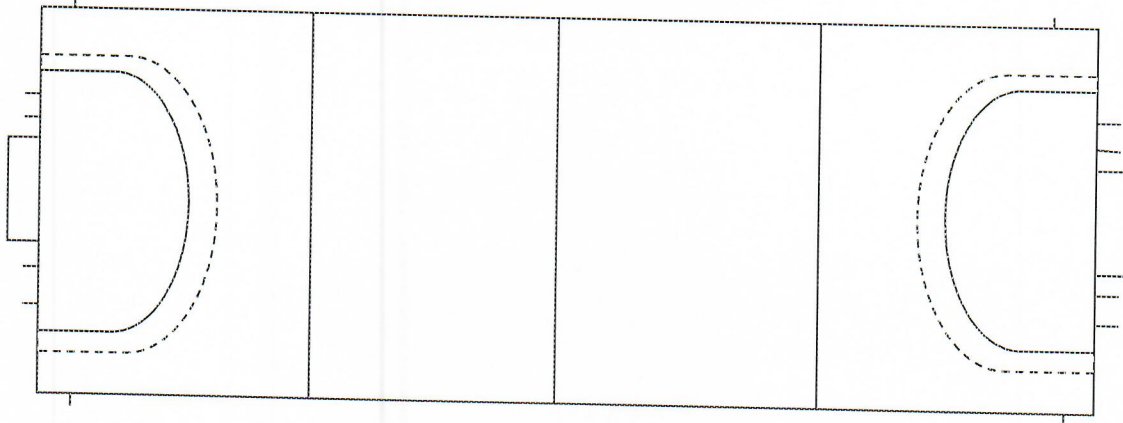
3. Explain how a 16 yards hit is awarded to a team. (2 marks)

4. State THREE roles of the umpire in the game. (3 marks)

5. State TWO factors that can result in a short corner. (2 marks)

6. a) Use the diagram below to show the set up of players during a penalty corner.
Clearly identify members of Team "A" that are taking the penalty corner and Team "B" defending the penalty corner. (5 marks)

PENALTY CORNER
(Answer question on this diagram)



- b) State TWO instances in which a **penalty stroke** can be awarded.

(4 marks)

7. List six player-conduct fouls in the game of hockey.

(6 marks)

SECTION C (60 marks)

Answer THREE questions in this section.

1. a) Write a detailed essay highlighting the importance of proper nutrition planning as an element of program planning for hockey players. (14 marks)
b) Explain the importance of effective fitness planning and say how and where in your program this should be used. (6 marks)
2. a) Prepare a one week training program during the general preparatory period for your hockey players at a camp. (12 marks)
b) As a team manager, explain what strategy or strategies you would employ in your team in an attempt to eliminate internal conflicts and for general group control. (8 marks)
3. a) Prepare a one week training plan for your hockey team during a specific period of the training cycle. (Be sure to include the activities to be used.) (12 marks)
b) A member of your hockey team suffered a minor injury during a game. The injury was not very serious, but she was not able to continue. As the coach, what kind of "rest" would you have recommended (active or complete)? Clearly explain the reason for your choice. (8 marks)
4. a) As a coach,
 - i) explain what methods you would use to identify errors and faults in the techniques and skills of your team and
 - ii) how you would use that information to make corrections. (10 marks)
b) Discuss how one can effectively use proper communication techniques and strategic group control to enhance the performance and chemistry of a hockey team. (10 marks)

END OF EXAMINATION