

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**MAY 2018 – EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**NETBALL LEVEL II**

**[PE 305SEB]**

**YEAR 3  
SECONDARY**

**TIME: 2 ½ HOURS**

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

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## SECTION A

Answer ALL questions in this section. [20 marks]

1. To play a sound game of Netball, you need a range of
  - a. both attacking and defensive skills.
  - b. both jumping and catching skills.
  - c. both catching and throwing skills.
  - d. all of the above
  
2. When planning a netball training session, you need to plan in advance how you will manage the athletes. Which coaching skill best suits this description above?
  - a. Safety
  - b. Demonstration
  - c. Observation
  - d. Organizing
  
3. A major component of “warm-up” before a netball activity is
  - a. stretching.
  - b. speed drills.
  - c. skill development.
  - d. skill assessment.
  
4. Which of these are advanced skills in netball?
  - a. Catching and passing on the run
  - b. Bouncing and Stepping on the run
  - c. Contact and Snatching on the run
  - d. Volleying and Shooting on the run
  
5. A centre player in netball making a quick drive to intercept a ball requires quick reaction time. This component of fitness can be defined as the
  - a. ability to move parts of the body as quickly as possible.
  - b. ability to respond to a stimulus.
  - c. ability to exert maximum contraction in an explosive action.
  - d. muscle’s ability to perform a maximum contraction repeatedly.
  
6. How hard netballers train is referred to as
  - a. overload.
  - b. repetition.
  - c. frequency.
  - d. intensity.
  
7. Which activities best describe the competition period?
  - a. Continuous training, strength training, healthy diet
  - b. Anaerobic training, extra strength training, skill training
  - c. Sleep, match play, fitness training
  - d. Rest, engaging in sporting activity

8. What skill best describes attacking strategies?
  - a. Passing and zoning
  - b. Dodging and sprinting
  - c. Catching and throwing
  - d. Roll and man to man marking
  
9. During the game of netball, Goal Defense hits the ball and it goes out of court. What penalty is given?
  - a. A free pass is awarded
  - b. A throw in is awarded
  - c. A free throw is awarded
  - d. A long throw is awarded
  
10. Which of the following is NOT a characteristic that affects a netball learner's performance?
  - a. Personality
  - b. Confidence
  - c. Skill
  - d. Heredity
  
11. Which is NOT considered a skill component of fitness?
  - a. Flexibility
  - b. Power
  - c. Agility
  - d. Muscular endurance
  
12. In a game situation, blue WD enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
  - a. A free pass is awarded
  - b. A throw on is awarded
  - c. A short throw is awarded
  - d. A long throw is awarded
  
13. A \_\_\_\_\_ refers to a phase of training with a duration between 2-6 weeks.
  - a. macrocycle
  - b. microcycle
  - c. mesocycle
  - d. none of the above
  
14. In a game situation, blue GA enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
  - a. A free pass is awarded.
  - b. A long throw is awarded
  - c. A short throw is awarded.
  - d. A throw in is awarded.

15. A toss-up in the game of netball is given for
- a ball that has been sent out of court.
  - simultaneous contact.
  - the ball going over two thirds.
  - when the ball is dead.
16. During a netball game who is allowed to shoot for goal, replay the ball before it has been touched by another player, if ball does not touch the goalpost?
- WD
  - GA
  - C
  - GD
17. Which of the following statements is TRUE when playing the game of netball?
- Drop the ball and replay it throw, within three (3) seconds of receiving the ball.
  - Fall on the ball to gain possession, throw within three (3) seconds of receiving the ball.
  - Fall while holding the ball, but must regain footing and throw within three (3) seconds of receiving the ball.
  - Throw the ball while lying, sitting, or kneeling on the ground within three (3) seconds of receiving the ball.
18. How does an umpire indicate when a goal is scored? By using
- a hand signal.
  - the whistle.
  - verbal communication.
  - none of the above.
19. All of the following are training methods used in netball EXCEPT
- tactical.
  - circuit.
  - interval.
  - fartlek.
20. Which type of feedback is commonly used during a netball game?
- Video
  - Charts
  - Statistics
  - All of the above

## SECTION B

Answer ALL questions in this section. (35 marks)

1. The ability to maintain equilibrium is needed to receive passes that may not have come whilst in a comfortable position. Briefly explain which aspect is required. [4 marks]
2. Explain the importance of *flexibility* to the netball player. [4 marks]
3. Devise a simple warm up routine that you could teach your players for use before a game. Include FOUR drills (one for each skill). [4 marks]
4. Explain *Player Centered Coaching*. Give ONE reason for your answer. [3 marks]
5. State the factor of fitness being tested in each standardised **test** below for Netball
  - test is the sit and reach
  - the vertical jump
  - the 20 m sprint
  - sprint time over 20 m[4 marks]
6. Describe ONE type of motivation that can affect performance. Provide ONE example to justify your answer. [4 marks]
7. Give ONE method of communication that a coach may use during netball training and matches. Explain your answer. [2 marks]
8. You have been preparing your team for a game. Describe ONE defensive tactic for centre pass that you plan to use in your game plan. Explain why you selected this one. [2 marks]
9. Describe TWO characteristics necessary for effective umpiring. [2 marks]
10. List FOUR of the various types of skill related Fitness Training that can be applied a netball programme. [2 marks]
11. Co-ordination is an essential and important component to a netballer. What are TWO reasons for this? [4 marks]

## SECTION C

**Answer question ONE (1) and TWO other questions. [45 marks]**

1. The roles that you will undertake as a coach will be many and varied. Discuss FOUR roles that you will have to play as a coach. (15 marks)
2. a. Explain what is meant by Pre-season, In- season and off- season training.  
b. List THREE activities each that should be included in the In-season and Off-season Training. (15 marks)
3. a. As a coach, explain the following training methods: Circuit training, Fartlek training, Interval training.  
b. Use these methods to develop a three week training programme for your netball team. (15 marks)
4. a. Explain THREE characteristics that an umpire should display for effective umpiring.  
b. Discuss the protocols to be observed before the start of the game. (15 marks)
5. In analyzing a game you realized that the GS was scoring at less than 40%. State at least FIVE recommendations you would make to the coach, based on the components of the shooting skill. (15 marks)

**END OF EXAMINATION**