

**TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION
MAY 2016 EXAMINATIONS
PHYSICAL EDUCATION**

**NETBALL-LEVEL II
[PE305SEB]**

YEAR 4

TIME: 3 HOURS

SECONDARY

INSTRUCTIONS: Answer ALL questions in Section A and B, and THREE questions from Section C.

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

SECTION A
Answer ALL questions.
[20 marks]

1. Which of these are advanced netball skills?
 - a) Passing without looking
 - b) Passing to the chest
 - c) Passing while on the move
 - d) Passing a lob

2. 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
 - a) the ability to move parts of the body as quickly as possible.
 - b) the ability to respond to a stimulus.
 - c) the ability to exert maximum contraction in an explosive action.
 - d) the muscle's ability to perform maximum contractions repeatedly.

3. The reason for having players 'warm-up' before they engage in netball activities is to
 - a) revise basic netball skills.
 - b) evaluate netball skill level.
 - c) prepare for netball skill use.
 - d) develop netball skills.

4. How hard netballers train is referred to as
 - a) intensity.
 - b) repetition.
 - c) frequency.
 - d) overload.

5. 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

6. What skills best describe attacking strategies?
 - a) Passing and zoning
 - b) Dodging and sprinting
 - c) Catching and throwing
 - d) Roll and man to man marking

7. If a goal defense hits the ball out of court during play, what would be the umpire's ruling?
- Free pass to the attacking team
 - Free pass to the defending team
 - Throw in to the defending team
 - Throw in to the attacking team
8. Which of the following is NOT a characteristic that affects a learner's performance?
- Personality
 - Confidence
 - Skill
 - Heredity
9. Which is NOT considered a skill component of fitness?
- Flexibility
 - Power
 - Agility
 - Muscular endurance
10. In a game situation, blue GD enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
- A free pass is awarded.
 - A throw on is awarded.
 - A short throw is awarded.
 - A long throw is awarded.
11. According to the 2016 netball rules, if a player catches the ball and lands on the right foot, he or she may
- step on the right foot and lounge on the left foot.
 - step on the left foot, lift the right foot and pass the ball.
 - step with both feet.
 - hop on the right foot, step on the left and then pass the ball.
12. A phase of training with a duration between 2-6 weeks is referred to as a
- macrocycle.
 - mesocycle.
 - microcycle.
 - bycycle.

13. During a centre pass, if blue GA enters centre third before the whistle is blown, what should be the penalty for his/her action?
- Penalty pass in the centre third
 - Free pass on the line
 - Penalty pass in the goal third
 - Free pass on the spot
14. 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?
- Safety
 - Demonstration
 - Observation
 - Organizing
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 play, which player can shoot for goal hitting the front rim, rebound the ball and pass to another player?
- WA
 - GA
 - GD
 - WD
17. Which of the following statements is TRUE when playing the game of netball?
- Drop the ball and replay it, throw within 3 seconds of receiving the ball.
 - Fall on the ball to gain possession, hold for more than 3 seconds of receiving the ball.
 - Fall while holding the ball, but must regain footing and throw within 3 seconds of receiving the ball.
 - Throw the ball while lying, sitting, or kneeling on the ground within 3 seconds of receiving the ball.

18. An umpire indicates when a goal is scored by using
- a) a hand signal.
 - b) the sound of the whistle.
 - c) verbal communication.
 - d) none of the above.
19. Which of the following fitness training methods are NOT used in netball?
- a) Tactical
 - b) Circuit
 - c) Interval
 - d) Fartlek
20. Which type of feedback is MOST commonly used *during* a netball game?
- a) Video
 - b) Charts
 - c) Statistic
 - d) Verbal instructions

SECTION B

Answer ALL questions in this section.

[35 marks]

1. Explain ONE importance of flexibility to the netball player. (2 marks)
2. Devise a simple warm up routine that players could utilize before a game. Include FOUR drills, one for each skill. (4 marks)
3. Explain what *Player Centered Coaching* is, and give ONE reason for your answer. (3 marks)
4. Describe TWO exercises that develop flexibility. (2 marks)
5. Describe ONE motivation strategy that can affect performance. Provide an example and justify your answer. (4 marks)
6. Goals must be SMARTER. Explain this acronym. (7 marks)

7. Give ONE method of communication that a coach may use during training and matches, and explain its use giving an example. (5 marks)
8. You have been preparing your team for a game. Describe ONE defensive centre pass tactic that you could include in your game plan and explain why you chose it. (4 marks)
9. Outline TWO characteristics of effective umpiring. (2 marks)
10. List FOUR types of skill related Fitness Training that can be applied to a netball programme. (2 marks)

SECTION C

[45 marks]

Answer Question 1 and TWO other questions from this Section.

1. Explain what is meant by *pre-season*, *in- season* and *off- season* training. Outline THREE activities that should be included in the *in- season* and *off- season* training. (15 marks)
2. As a coach your role will vary. List FOUR of the roles that you will be required to play. Discuss each. (15 marks)
3. Explain the training methods listed below and provide examples of how each can be utilized in netball.
 - Circuit training
 - Fartlek training
 - Interval training (15 marks)
4.
 - a) Explain THREE characteristics that an effective umpire should display.
 - b) Discuss the protocols to be observed before the start of the game. (15 marks)
5. In analyzing a game you realized that the G.A. was scoring at less than 55%. State at least FIVE recommendations you would make to the coach, to increase his/her shooting accuracy and conversion rate. (15 marks)

END OF EXAMINATION