

TEACHERS COLLEGES OF JAMAICA

BACHELORS IN EDUCATION

MAY 2017 EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

NETBALL LEVEL 2

[PE 305SEB]

**YEAR 4
SECONDARY**

TIME: 3 HOURS

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

SECTION A – [20 marks]
Answer **ALL** questions in this section.

1. 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
2. _____ has many physiological benefits:
- increases core body temperature and increase blood flow to the muscles
 - stimulates the nervous system and activates muscle groups
 - improves joint mobility and flexibility
 - increases coordination and balance and reinforces proper movement patterns
 - decreases risk of injury
- a) Proper dynamic warm up
 - b) Skill training
 - c) Climax
 - d) Cool down
3. If a player catches the ball and lands on the right foot, he or she may
- a) step on the right foot and lounge on the left foot.
 - b) step on the left foot, lift the right foot and pass the ball.
 - c) step with both feet.
 - d) hop on the right foot, step on the left and then pass the ball.
4. Which of these are advanced skills in netball?
- a) Catching and passing on the run
 - b) Serving and stepping on the run
 - c) Contact and snatching on the run
 - d) Volleying and shooting on the run
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. A centre player in netball making a 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.
7. Which of the answers below BEST describes attacking strategies?
- a) Passing and zoning
 - b) Dodging and sprinting
 - c) Catching and throwing
 - d) Roll and man to man marking
8. During a game of netball, Goal Defence hits the ball and it goes out of court. What infringement should be 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
9. Which of the following is NOT a characteristic that affects a learner's performance?
- a) Personality
 - b) Confidence
 - c) Skill
 - d) Heredity
10. Which is NOT considered a skill component of fitness?
- a) Flexibility
 - b) Power
 - c) Agility
 - d) Muscular endurance
11. In a game situation, blue GD enters the centre third before the whistle is blown for the centre pass. What infringement 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.

12. 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.
13. How hard netballers train is often described as _____ of training.
- a) intensity
 - b) repetition
 - c) frequency
 - d) overload
14. When arranging a netball training sessions, you should plan, in advance, how you will manage the athletes. Which coaching skill best suits this description?
- a) Safety
 - b) Demonstration
 - c) Observation
 - d) Organizing
15. Which infringement would cause an umpire to award a toss-up?
- a) A ball that has been sent out of court
 - b) Simultaneous contact
 - c) The ball going over two thirds
 - d) When the ball is dead
16. Which of the playing positions below would allow a player to shoot for goal or rebound the ball before it has been touched by another player?
- a) WA
 - b) GA
 - c) C
 - d) GD

17. Which of the following statements are TRUE when playing the game of netball?
- a) Drop the ball and replay it within three (3) seconds of receiving the ball.
 - b) Fall on the ball to gain possession, throw within three (3) seconds of receiving the ball.
 - c) Fall while holding the ball, but must regain footing and throw within three (3) seconds of receiving the ball.
 - d) 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?
- a) Hand signal
 - b) Sound of the whistle
 - c) Verbal communication
 - d) None of the above
19. All of the following are training methods used in netball EXCEPT.
- a) tactical training
 - b) circuit training
 - c) interval training
 - d) fartlek training
20. Which type of feedback is commonly used during a netball game?
- a) Video
 - b) Charts
 - c) Statistic
 - d) All of the above

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SECTION B

Answer ALL questions in this section.

1. State THREE characteristics of Player Centred Coaching that a coach must take into consideration. (3 marks)

2. Goals can be powerful motivators for players and coaches, if done right. However, they can have an opposite effect, that is, lowering motivation and desire for improvement. To be done, right goals must be SMARTER.

Explain the acronym SMARTER. (7 marks)

3. a) Describe TWO different types of motivation used in netball. (4 marks)

b) State how they can affect performance. Provide examples. (4 marks)

4. a) Explain the importance of *flexibility* and *balance* to the netball player. (6 marks)

b) Give TWO exercises for the development of each of the above. (2 marks)

5. The following profiles describe two athletes and their sports:

Athlete A

- Elite individual target sport athlete
- Maintains a low heart rate and controlled breathing
- Maintains intense focus and concentration
- Considers a range of environmental factors
- Spectators are kept quiet

Athlete B

- Elite team/territorial sport athlete
- High levels of physical exertion
- Performs under pressure from opponents
- Loud spectators and game commentary
- Party-like atmosphere with music over public address system

Compare TWO psychological strategies that each of these athletes would employ to enhance motivation OR manage anxiety. (8 marks)

6. Name THREE methods of communication that a coach may use during training and matches. Explain which you would choose and why. (6 marks)

7. a) List FOUR types of skill related to Fitness Training that can be applied to a netball programme. (4 marks)
- b) Briefly explain ONE type of skill related Fitness Training that you mentioned in (a). (3 marks)
8. Discuss FOUR activities that may be included in warming up for netball. (8 marks)
9. White GA is shooting for goal with Black GK defending correctly. At the end of three seconds, Black GK overbalances and places a hand on the ball. (6 marks)
- State the following in this situation:
- i) Infringement
- ii) Action
- i) Reason
10. a) State THREE characteristics that an umpire should display for effective umpiring. (6 marks)
- b) State FOUR protocols to be observed by the umpire before the start of the game. (4 marks)

SECTION C

Answer THREE questions in this section.

1. a) As a Coach briefly explain the following training methods; Circuit training, Fartlek training, Interval training. (4 marks)
- b) Use ONE of the methods to develop a training programme for your netball team. (11 marks)
2. You have been preparing your team for a game. Describe and outline TWO defensive tactics and THREE attacking strategies for centre pass that you plan. Explain your selections. (15 marks)
3. The roles that you will find to undertake as a coach will be many and varied and you will find need to be effective in these roles during your coaching career. Discuss in detail THREE roles that you will have to play as a coach, giving examples for each. (15 marks)

4. *Scenario one:* A player with the ball (creating pressure to force poor pass/decision making and therefore intercepting)

Scenario two: a player without the ball (forcing the ball into a situation where it can be intercepted).

State and elaborate on FIVE coaching/teaching points for each scenario above.

(15 marks)

6. a) State the FIVE parts in the shooting technique. (5 marks)

b) Explain the coaching points for shooting to a group of under 12 Netballers.

(10 marks)

7. The learner brings many characteristics to the learning environment. These experiences and characteristics influence the capacity of the learner to acquire skills.

State FIVE characteristics of the learner and discuss how the acquisition of these skills affects performance. (15 marks)

END OF EXAMINATION