

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2015 – EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

RECREATION AND SPORT FOR ALL

[PE406SEB]

YEAR 4

SECONDARY

INSTRUCTION:

Answer ALL questions in Sections A and B and THREE questions in Section C.

TIME: 3 HOURS

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

SECTION A – 15 marks

Answer all questions in this section. Circle the most appropriate response.

1. It is recommended that senior citizens be engaged in the following types of activities:
 - a) Board games and Sight seeing.
 - b) Football and Cricket.
 - c) Equestrian and Table Tennis.
 - d) Motor sport and Sky diving.

2. The main objectives of 'sports for all' include
 - a) the base for recreational activities.
 - b) to support high level sports activities.
 - c) to prepare for physical education.
 - d) modification of activities to ensure mass participation.

3. Modern industrialized societies
 - a) have a hierarchical structure which does not help sports development.
 - b) do not have good infrastructure for recreation and sport for all.
 - c) help to promote recreation and sport for all.
 - d) have the most equitable recreation programme.

4. The type of economy that BEST promotes 'sport for all' activities is
 - a) fascist and demagogic.
 - b) capitalist.
 - c) mixed.
 - d) socialist.

5. Which of the following are social and economic factors that affect 'recreation and sport for all'?
 - a) Mobility and globalization
 - b) Urbanization and gender issues
 - c) Availability of leisure time and job opportunities
 - d) Micro-economic and population

6. Eco-Tourism appeals to the
 - a) ecologically and socially conscious individuals.
 - b) personal growth and development of persons.
 - c) enjoyment of man-made objects only.
 - d) gaining of foreign exchange.

7. The importance of organized recreation is to
 - a) help people have individual fulfillment.
 - b) find activities for lazy people.
 - c) provide for increased leisure.
 - d) improve self-image especially for person's with a sedentary occupation.

SECTION B – 25 marks

Answer all questions in this section.

1. Define EACH of the following terms:
 - a) Leisure
 - b) Sport for all
 - c) Recreation

(6 marks)
2. Define the term *Therapeutic Recreation*.

(3 marks)
3. State how EACH of the following persons view Recreation.
 - a) Cultural anthropologist
 - b) Sociologist
 - c) Psychologist

(6 marks)
4. List FOUR benefits of a recreational program.

(4 marks)
5. State TWO benefits of Leisure.

(2 marks)
6. State TWO differences between sport and recreation.

(2 marks)
7. List TWO objectives of 'sport for all'.

(2 marks)

8. Puppetry can be described as
- a) the manipulation of a group of muppets.
 - b) forms, storytelling and rituals.
 - c) a form of theatre or performance which involves the manipulation of puppets.
 - d) Olel Arto form.
9. The famous botanical gardens in Jamaica include
- a) Hope, Bath and Turtle Park.
 - b) Hope, Castleton and Cranbrook.
 - c) Castleton, Bath and Cranbrook.
 - d) Hope, Bath and Castleton.
10. Spas and baths in Jamaica that are tourist attractions are
- a) Bath, Blue lagoon and Bath River.
 - b) Bath, Milk River and Rockfort.
 - c) Rockfort, Rio Grande and Milk River.
 - d) Milk River, Y S Falls and Rockfort.
11. Spanish Town and Port Royal are
- a) sites that were the home of Colonialism.
 - b) tourist Capitals of Jamaica.
 - c) monuments of our English Heritage.
 - d) historical Sites and Monuments.
12. Recreation is a chance to
- a) relax.
 - b) be active.
 - c) play competitive sports.
 - d) travel, try new things.
13. Therapeutic Recreation services are often provided by
- a) teachers.
 - b) coaches.
 - c) physiotherapist.
 - d) certified Recreational Therapists.
14. In which year did "Fitness Canada" start the movement of "sport for all"?
- a) 1972
 - b) 1971
 - c) 1981
 - d) 1982
15. In which year was the third "sport for all" world congress held in Finland?
- a) 1996
 - b) 1990
 - c) 2001
 - d) 2007

SECTION C – 60 marks

Answer **THREE** questions in this section.

1. a) State FIVE possible motives for engaging in leisure activities and FIVE constraints for an executive who spends most of his day in the office realizing business related activities.
b) Suggest, with reason, possible recreational activities that you would plan for this individual. (20 marks)

2. Discuss FOUR major similarities and differences between contemporary recreation and recreation as practiced by the ancient Roman and Greek empires. (20 marks)

3. Develop a recreation package for a group of elderly citizens (ages 65-80) and explain how the objectives of the activities address the needs and characteristics of the group. (20 marks)

4. a) Discuss TWO ways in which man has adapted or changed the environment to meet his recreational needs.
b) Suggest THREE environmental challenges faced in man's pursuit of recreational activities. (20 marks)

5. Discuss FIVE main issues that may be encountered during the planning and implementation of an annual residential camp and explain how you would resolve them. (20 marks)

6. A group of juveniles was given permission by their parents (for the good behavior they displayed all week) to stay out later than usual on a Saturday evening. However, they sat on the corner for the entire evening in their so called "free time" gambling, drinking, and smoking. The juveniles consider the activities that they were engaged in as recreational activities.
Define what *recreation* is and explain why these activities being engaged in by the juveniles cannot be considered as recreational activities. (20 marks)

END OF EXAMINATION

