

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**DECEMBER 2018 EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**SWIMMING LEVEL 1**

**PE200SEB**

**Year: 2  
SECONDARY**

**Time: 2 ½ Hours**

**INSTRUCTIONS: Answer ALL questions from Sections A and B and any TWO from Section C**

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

**SECTION A -20 MARKS**  
**ANSWER ALL QUESTIONS IN THIS SECTION BY CIRCLING THE MOST**  
**APPROPRIATE ANSWER.**

1. The upward force an object feels from the water is known as
  - a) buoyancy.
  - b) floating.
  - c) sinking.
  - d) streamlining.
  
2. This swimming technique that involves moving through the water with the body stretched straight without finning or kicking is
  - a) skulling.
  - b) straddle.
  - c) gliding.
  - d) treading.
  
3. Creating force in the water that leads to movement is known as
  - a) resistance.
  - b) buoyancy.
  - c) hydrodynamics.
  - d) propulsion.
  
4. Center of buoyancy in the body is
  - a) the part of the body that is lowest in the water.
  - b) the shoulders to the trunk.
  - c) that part of the body that floats the highest.
  - d) the legs to the waist.
  
5. How does a swimmer benefit from shaving body hair or wearing a swim cap? It
  - a) reduces drag.
  - b) increases resistance
  - c) does nothing to the swimmer.
  - d) causes the swimmer to float.
  
6. Eddy resistance is the
  - a) force that causes a swimmer to move through water.
  - b) resistance force cause by the movement of the body through water.
  - c) force developed by the body.
  - d) downward force of the body pushing against water.
  
7. When performing the flutter kick with the front crawl, the body should be
  - a) bent and rigid.
  - b) relaxed and bent.
  - c) straight and rigid.
  - d) nearly straight and relaxed.

8. In the front crawl, the head is turned to the side to breathe so that
  - a) stroke rhythm will not be interrupted.
  - b) the mouth can come completely out of the water.
  - c) the head will continue to be buoyed up by the water.
  - d) you can both inhale and exhale while the mouth is out of the water.
  
9. How should a swimmer, in performing the backstroke, get his legs that are falling too deep into the water back to the surface?
  - a) Tilt the head back
  - b) Lift the foot
  - c) Push the chin to the chest
  - d) Stiffen the entire body
  
10. Newton's Third Law states that
  - a) every object in motion remains in motion unless acted upon by an external force.
  - b) for every action there is an equal and opposite reaction.
  - c) there is a relationship between an object's mass and its acceleration.
  - d) when volume increases the pressure decreases.
  
11. What is the force created by the water that pushes you upwards when swimming called?
  - a) Buoyancy
  - b) Floating
  - c) Drag
  - d) Finning
  
12. When teaching treading to beginners, we should
  - a) leave them in the deep end to attempt treading.
  - b) have them hold onto each other and practice.
  - c) have them use swimming aids to familiarize themselves.
  - d) leave them at the deep end to familiarize themselves.
  
13. What is the length of a short course swimming pool?
  - a) 100m
  - b) 75m
  - c) 50m
  - d) 25m
  
14. Which is the best method to be used to enter unknown waters?
  - a) Plunge
  - b) Standing jump
  - c) Kneeling dive
  - d) Wade

15. Which is the Governing body that oversees the sport of competitive swimming?
- a) FIFA
  - b) AFNA
  - c) FINA
  - d) PGAT
16. Which of the following is NOT a characteristic of backstroke swimming?
- a) Kick from your hips
  - b) Keep legs close together
  - c) Lay in the supine position
  - d) Lay in the prone position
17. What is drag force?
- a) The force created by the hand that causes a swimmer difficulty
  - b) The force developed by hand and arm pushing against water
  - c) The force developed by the body pushing against water
  - d) The downward force of the body pushing against water
18. In which of the following strokes are you able to breathe during the glide phase?
- a) Breast stroke
  - b) Freestyle/ front Crawl
  - c) Backstroke
  - d) Butterfly
19. When a 100 pound body is submerged in water, what is its effective weight?
- a) 100 lbs.
  - b) 66 lbs.
  - c) 10 lbs.
  - d) 55 lbs.
20. Faulty streamlining will cause
- a) frontal resistance.
  - b) eddy resistance.
  - c) drag force.
  - d) skin friction.

**SECTION B-40 marks**  
**ANSWER ALL QUESTIONS IN THIS SECTION**

1. Design a water familiarization drill for a group of beginner swimmers. (5 marks)
2. List FOUR hygiene practices that must be practiced around the pool. (4 marks)
3. Name TWO flotation aids used in swimming. Explain ONE way each could be used. (6 marks)
4. What are TWO factors that will cause one person to float much easier than the other? (4 marks)
5. List TWO advantages of using buoyancy aids to teach swimming. (4 marks)
6. Name TWO of the kicks used when treading water. (2 marks)
7. Explain the “Buddy system” in swimming. (2 marks)
8. What is the MAIN purpose of the arms and legs in any of the recognized swim strokes? (2 marks)
9. Explain what happens when a person steps off into the pool and maintains his body position. (4 marks)
10. Explain the entry in the pool from the sides. (3 marks)
11. Describe the entry and exit of the arm in the backstroke. (4 marks)

**SECTION C-40 marks.**  
**ANSWER ANY TWO QUESTION IN THIS SECTION.**

1. Explain the teaching progression and coaching points that you would use to teach the kick in Freestyle swimming to a group of beginner swimmers. (20 marks)
  
2. a) List THREE basic dives (20 marks)  
b) Explain step by step procedures how to teach ONE of the dives to beginners.
  
3. a) Describe the following actions in the Backstroke:
  - i. The Arm
  - ii. The Leg
  - iii. The body position
  - iv. The Head  
b) Explain, using TWO drills, how you could get students to quickly learn the Leg action. (20 marks)
  
4. a) List THREE factors that negatively affect swimming.  
b) Explain how ONE could be corrected. (20 marks)

**END OF EXAMINATION**