

TEACHERS COLLEGES OF JAMAICA
BACHELORS OF EDUCATION
DECEMBER 2018 – EXAMINATION
COMMON PAPER
PHYSICAL EDUCATION
THEORY AND METHODOLOGY OF TRAINING
[PE300SEB]

YEAR: 3
SECONDARY

TIME: 2½ hours

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

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

Section A- 30 Marks.

1. During the transitory phase of training which methodology should be applied?
 - a) Low intensity and high volume
 - b) High intensity and low volume
 - c) Low intensity and low volume
 - d) High intensity and high volume

2. Which of the following denotes the regularity of training?
 - a) Intensity
 - b) Frequency
 - c) Volume
 - d) Duration

3. The rate of adaptation to training is influenced most by
 - a) the intensity, volume and density of training.
 - b) the amount of exercises done in training.
 - c) the amount of time spent on specific training.
 - d) the time in the microcycle one is training.

4. Which of the following can be detected during training by monitoring the athlete's heart rate?
 - a) The intensity of training
 - b) The frequency of work
 - c) The duration of training
 - d) The type of training

5. The gradual increase in the workload is considered a prudent way to conduct training. Which of the following best denotes this?
 - a) Principle of Reversibility
 - b) Principle of Overload
 - c) Principle of Progression
 - d) Principle of Voluntary involvement

6. Carl's coach includes different activities in his training programme throughout the year. Which of the following best indicates the training principle being applied?
 - a) Overload
 - b) Recovery
 - c) Specificity
 - d) Tedium

7. When weight training is done with heavy weights and low repetitions it facilitates the development of
 - a) maximum strength.
 - b) strength endurance.
 - c) elastic strength.
 - d) dynamic strength.

8. Which of the following should be developed first in training?
 - a) Endurance
 - b) Strength
 - c) Speed
 - d) Co-ordination

9. The ability to displace one's body or move a body part in the shortest possible time best describes
 - a) agility.
 - b) co-ordination.
 - c) flexibility.
 - d) speed.

10. For a sprinter to exit the blocks explosively he/she needs to develop a high degree of
 - a) speed.
 - b) agility.
 - c) flexibility.
 - d) power.

11. In cricket, bowlers are sometimes required to bowl for long spells. As a bowling coach which ability would you spend a great amount of time developing in order to help them do well?
 - a) Agility
 - b) Strength Endurance
 - c) Speed endurance
 - d) Co-ordination

12. Unloading is important if athletes are to perform optimally. When is the best time to unload your athlete?
 - a) Before the main competition
 - b) After the main competition
 - c) After the transitory phase
 - d) Before the preparatory phase

13. In developing a tri-cycle training plan which phase should be the longest if the plan is to be effective?
- a) Preparatory phase I
 - b) Competitive phase I
 - c) Preparatory phase II
 - d) Competitive phase II
14. In a bi-annual training plan the highest level of performance is expected in which year?
- a) The first year
 - b) The second year
 - c) The fourth year
 - d) The third year
15. Which would NOT be a feature of a bi-cycle training programme?
- a) Two transitory phases
 - b) Two specific preparatory phases
 - c) Two competitive phases
 - d) One general preparatory phase
16. The aim of the transitory phase of training is
- a) to help the athlete adjust to the stress of training.
 - b) to ensure the athlete peaks at the right time.
 - c) to facilitate psychological and biological regeneration.
 - d) to allow for optimum adaptation to take place.
17. For optimal performance to be realised biomotor abilities must be perfected. In which phase of training should this be done?
- a) The preparatory phase
 - b) The transitory phase
 - c) The competitive phase
 - d) In all phases
18. What is the MOST important information that a coach should find out about an athlete before creating a training programme?
- a) The event the athlete wants to do
 - b) The athlete's best performance
 - c) The health and fitness status of the athlete
 - d) The experience of the athlete

19. After the withdrawal of the training stimulus, how long does it take for detraining to start?
- a) 48 hours
 - b) 12 hours
 - c) 72 hours
 - d) 30 hours
20. The calendar date on which an athlete was born is referred to as his/her
- a) training age.
 - b) biological age.
 - c) chronological age.
 - d) maturation age.
21. The primary objective of training is
- a) to get qualifying times for competitions.
 - b) to improve of performance.
 - c) to see how future programmes can be enhanced.
 - d) to be in a state of good health and fitness.
22. Which of the following events relies the LEAST on the breakdown of creatine phosphate for energy?
- a) 800M
 - b) 100M
 - c) 1500M
 - d) 400M
23. In training for the 10,000 metres what should be the primary objective?
- a) The development of speed
 - b) The development of strength
 - c) The increase of lactate threshold
 - d) The increase of aerobic threshold
24. How many ATP's are gained from the Krebs cycle?
- a) 20
 - b) 5
 - c) 38
 - d) 2
25. Which is the primary energy system responsible for the explosive take-off of a jumper?
- a) Anaerobic alactic
 - b) Aerobic glycolytic
 - c) Anaerobic lactic
 - d) Aerobic

26. Identify which is NOT a component of training-
- a) volume.
 - b) density.
 - c) frequency.
 - d) intensity.
27. Which is the correct order of developing the training factors?
- a) Physical, Technical, Tactical and Theoretical
 - b) Tactical, Physical, Theoretical and Technical
 - c) Theoretical, Tactical, Technical and Physical
 - d) Technical, Tactical, Physical and Theoretical
28. A training plan that lasts for a period of up to six weeks can BEST be described as a
- a) mesocycle.
 - b) microcycle.
 - c) macrocycle.
 - d) daily plan.
29. Which of the following is an advantage of a free lesson?
- a) Allow athletes to work harder
 - b) Helps develop team spirit
 - c) Allows coach to solve individual problems
 - d) Trust between coach and athlete
30. Which of the following is a temporary state of training when physical and psychological states are maximized and where the technical and tactical preparations are optimal?
- a) Fitness
 - b) Recovery
 - c) Peaking
 - d) Adaptation

SECTION B -30 MARKS
Answer ALL questions in this section

1. Explain the importance of *periodization*. (5 marks)

2. Explain the principle of *recovery*. (4 marks)

3. Explain the principle of *overload*. (4 marks)

7. State THREE objectives of the Specific Physical Preparation. (3 marks)

SECTION C (40 Marks).
Answer any TWO (2) from this section.

1. As a coach your desire is to prepare athletes to perform optimally. Discuss how proper team preparation can be achieved to realize this desire. (20 marks)
2. Outline the stages of aerobic respiration giving an account of the number of ATPs produced at each stage. (20 marks)
3. Discuss any FOUR objectives of the general physical preparatory phase of training. (20 marks)
4. Discuss the different types of training lessons and the different modes (forms) of executing them. Cite an example for each mode. (20 marks)

END OF EXAMINATION

