

**TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION
MAY 2018 EXAMINATIONS
COMMON PAPER
PHYSICAL EDUCATION
FITNESS METHODS
[PE305FMS]**

YEAR 3

TIME: 2 HOURS

SECONDARY

INSTRUCTIONS: Candidates are required to answer ALL questions in Sections A and B and any THREE questions from Section C.

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

SECTION A - (20 Marks)
Select the most appropriate answer for each question

- 1) At the beginning of an exercise programme our client should do which ONE of the following:
 - a) ½ hour run
 - b) Step up test
 - c) A complete analysis of the equipment
 - d) Par-Q-testing

- 2) Hypokinetic diseases include all the following EXCEPT
 - a) Diabetes.
 - b) HIV.
 - c) Heart attack.
 - d) Atherosclerosis.

- 3) Speed, agility, balance, and coordination are examples of
 - a) health related components.
 - b) technical related components.
 - c) skill related components.
 - d) tactical related components.

- 4) The principle of training that employs the FITT acronym is known as
 - a) diminishing returns.
 - b) progression.
 - c) initial value.
 - d) overload.

- 5) Identify a component of physical fitness from the list below.
 - a) Progression
 - b) Diminishing returns
 - c) Muscular strength
 - d) Principle of initial value

- 6) The ability to obtain approximately the same results regardless of the number of times ^{is} the test given ^{is} for is called ⁽¹⁾
- a) Objectivity.
 - b) Validity.
 - c) Reliability.
 - d) Measurability.
- 7) The term “warm-up” is described as
- a) physiological and tactical.
 - b) physiological and psychological.
 - c) physical and social.
 - d) organic and technical.
- 8) Which type of stretch is recommended just before competition?
- a) PNF
 - b) Isometric
 - c) Static
 - d) Dynamic
- 9) The recommendation by “ACSM” and “WHO” is that exercises should be
- a) at least half an hour per day, three (3) days per week.
 - b) one hour per day, four (4) days per week.
 - c) at least half an hour per day, two (2) days per week.
 - d) an hour per day, five (5) days per week.
- 10) Advertising and health fairs are an integral part of the marketing aspect of
- (a) price.
 - (b) equipment.
 - (c) promotion.
 - (d) position.
- 11) During the first phase of marketing, concentration is
- a) making maximum profit.
 - b) trying to promote the product and market testing.
 - c) changing the product.
 - d) competition.

12) Lifestyle diseases can be caused by

- a) balanced diet
- b) exercise.
- c) adequate rest.
- d) genetics.

13) Ones' body composition is best determined by

- (a) X-Ray methods.
- (b) skin fold method.
- (c) light spectromy method.
- (d) hydrostatic weighing.

14) How many measurements must be added to obtain proper skin fold readings?

- a) Four
- b) Three
- c) Two
- d) Five

15) In adapted Physical Education it is politically correct to refer to persons with disability as the

- a) mental retarded person.
- b) blind man.
- c) man who is blind.
- d) silly blind man.

16) As an exercise programmer one must be

- a) knowledgeable and fit.
- b) creative and flexible.
- c) nutritionist and wellness expert.
- d) informative and skillful.

17) Flexibility is limited by factors such as

- a) age and gender.
- b) size and strength of the muscle.
- c) nutrition and exercise.
- d) height and size of a person.

18) The recommended time for warm-up to be completed before workout is

- a) 10-12 minutes.
- b) 15-20 minutes.
- c) 20-30 minutes.
- d) 25-30 minutes.

19) _____ is the second stage of the product life cycle.

- a) Survey
- b) Marketing
- c) Growth
- d) Planning

20) The ability to yield stable scores across trials and errors in testing is known as

- a) validity.
- b) reliability.
- c) dependability.
- d) measurability.

SECTION B – (20 Marks)
Answer ALL questions

- 21) a) Define the term “aging”. **(2 marks)**
b) Explain the difference between chronological and biological aging. **(4 marks)**
- 22) Differentiate between the stages of progression of fitness together with their main metabolic and physiological changes. **(6 marks)**
- 23) Through Physical Education persons with different forms of disabilities are given the opportunity to improve their self-concept. Sports designed for these individuals include the list below. Define EACH of the following terms. **(8 marks)**
- a) Paralympics
 - b) Disability
 - c) Adapted Physical Education
 - d) Mainstream sport

SECTION C - (60 Marks)
Answer ANY THREE questions in this section

- 24) The concept of Physical Fitness has progressed over the years with new practices. Based on this notion, define the concept of Physical Fitness and discuss any FIVE health-related components of physical fitness. **(20 marks)**
- 25) Principles of Exercise programme design are critical to an individual's performance. Explain FIVE basic principles for an exercise programme design. **(20 marks)**
- 26) Aging causes several physiological functions to decrease. Discuss how the aging process affects FOUR physiological systems. **(20 marks)**
- 27) The consistent participation in physical activities; irrespective of community, region, disabilities, and lifestyle is endorsed by the "World Health Organization". Explain the basic elements that would be necessary for this prescription. **(20 marks)**
- 28) You have been invited to submit a proposal to a potential investor to market and promote your own sports business. Using the content presented in the course, develop a proposal. This proposal should include the following:
- a) Define FOUR major disciplines of business operations. **(4 marks)**
 - b) Explain FOUR phases of the product life cycle. **(4 marks)**
 - c) Using examples, discuss the FOUR major factors that influence the length of the cycle. **(12 marks)**

END OF EXAMINATION

