

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

NETBALL LEVEL 2

[PE306SEB]

**YEAR 3
SECONDARY**

TIME: 3 HOURS

Instruction: Candidates are required to answer ALL questions in SECTIONS A and B, THREE questions from SECTION C.

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

SECTION A 20 marks
Answer ALL questions.

1. 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

2. A centre player in netball making a quick 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.

3. Major component of "warm-up" before a netball activity is
 - a) stretching.
 - b) speed drills.
 - c) skill development.
 - d) skill assessment.

4. How hard netballers train is referred to as
 - a) intensity.
 - b) repetition.
 - c) frequency.
 - d) overload.

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. Which TWO skills BEST describe attacking strategies?
 - a) Passing and zoning
 - b) Dodging and sprinting
 - c) Catching and throwing
 - d) Roll and man to man marking

7. During the game of netball if Goal Defense hits the ball and it goes out of court, what penalty is given?
- A free pass is awarded
 - A throw in is awarded
 - A free throw is awarded
 - A long throw is awarded
8. Which of the following is NOT a characteristic that affects a learner's performance?
- Personality
 - Confidence
 - Skill
 - Heredity
9. Which is NOT considered a skill component of fitness?
- Flexibility
 - Power
 - Agility
 - Muscular endurance
10. In a game situation, blue GD enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
- A free pass is awarded
 - A throw on is awarded
 - A short throw is awarded
 - A long throw is awarded
11. If a player catches the ball and lands on the right foot; he or she may
- step on the right foot and lunge on the left foot.
 - step on the left foot, lift the right foot and pass the ball.
 - step with both feet.
 - hop on the right foot, step on the left and then pass the ball.
12. A _____ refers to a phase of training with a duration between 2-6 weeks.
- macrocycle
 - microcycle
 - mesocycle
 - none of the above

13. In a game situation, blue GA enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
- A free pass is awarded
 - A long throw is awarded
 - A short throw is awarded
 - A throw in is awarded
14. When planning a netball training session you need to plan in advance how you will manage the athletes. Which coaching skill best suits this description?
- Safety
 - Demonstration
 - Observation
 - Organizing
15. A _____ has the following 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
- skill training
 - proper dynamic warm up
 - climax
 - cool down
16. During a netball game who is allowed to shoot for goal, replay the ball before it has been touched by another player, if the ball does not touch the goalpost?
- WA
 - GA
 - C
 - GD
17. Which of the following statement is TRUE when playing the game of netball?
- Drop the ball and replay it throw, within three seconds of receiving the ball
 - Fall on the ball to gain possession, throw within three seconds of receiving the ball
 - Fall while holding the ball, but must regain footing and throw within three seconds of receiving the ball
 - Throw the ball while lying, sitting, or kneeling on the ground within three seconds of receiving the ball

18. How does an umpire indicate when a goal is scored?
- a) Hand signal and verbal communication
 - b) Sound of the whistle and hand signal
 - c) Verbal communication and sound of the whistle
 - d) None of the above
19. ALL the following are training methods used in netball, EXCEPT
- a) tactical.
 - b) circuit.
 - c) interval.
 - d) fartlek.
20. Which type of feedback is commonly used during a netball game?
- a) Video
 - b) Charts
 - c) Statistic
 - d) All of the above

SECTION B [35 marks]
Answer ALL Questions in this section

1. Explain ONE importance of flexibility to the netball player. (2 marks)
2. Devise a simple warm up routine that you could teach your players for use before a game. Include FOUR drills, ONE for each skill. (4 marks)
3. Explain what Player Centered Coaching is, give ONE reason for your answer. (3 marks)
4. Describe ONE exercise for the development of flexibility. (2 marks)
5. Describe TWO different types of motivation that can affect performance. Provide ONE example for each to justify your answer. (5 marks)
6. Goals must be S.M.A.R.T.ER, explain the acronym. (7 marks)
7. Give ONE method of communication that a coach may use during training and matches. Briefly explain. (4 marks)
8. You have been preparing your team for a game. Describe ONE defensive tactic for centre pass that you plan to use in your game plan and why. (2 marks)

9. Describe TWO characteristics necessary for effective umpiring. (4 marks)
10. State TWO of the various types of skill related to Fitness Training that can be applied to a netball programme. (2 marks)

SECTION C 45 marks

Answer question ONE and TWO other questions.

1. a. As a Coach explain the following training methods
- i. Circuit training
 - ii. Fartlek training,
 - iii. Interval training.
- b. Use one method to develop a training Programme for your netball team. (15 marks)
2. The roles that you will undertake as a coach will be many and varied. Discuss FOUR roles that you will have to play as a coach. (15 marks)
3. Explain what is meant by *pre-season*, *in- season* and *off- season* training. Give THREE activities each that should be included in the In- season and Off -season Training. (15 marks)
4. a. Explain THREE characteristics that an umpire should display for effective umpiring.
b. Discuss the protocols to be observed before the start of the game. (15 marks)
5. In analyzing a game, you realized that the G.A. was scoring less than 60%. State THREE recommendations you would make to the coach, based on the components of the shooting skill and include THREE shooting drills for training session. (15 marks)

END OF EXAMINATION