

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SWIMMING LEVEL 1

[PE200SEB]

YEAR 2

TIME: 2 ½ HOURS

SECONDARY

**Instructions: Candidates are required to answer ALL questions from SECTIONS A and B
and TWO from SECTION C**

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

SECTION A (20 Marks)

Answer ALL questions in this section.

1. A definition of drag in swimming would be
 - a) the force that causes a swimmer to move through water.
 - b) a resistant force that pulls the body forward.
 - c) a resistance force that holds the body back.
 - d) The downward force of the body pushing against water.

2. Lee told her peers that while performing the Glide in swimming class, she felt her body constantly rubbing against the water as she slows down. What could have caused this to happen?
 - a) Proper body position
 - b) Wave drag
 - c) Frictional drag
 - d) Pressure drag

3. A faulty streamlining demonstrated by a swimmer may result in
 - a) frontal resistance.
 - b) proper body position.
 - c) proper alignment.
 - d) drag resistance.

4. Which of the following behaviors is that of a distressed swimmer?
 - a) Rhythmic Breathing
 - b) Continue breathing and may call for help
 - c) Struggles to breathe, can call for help
 - d) No breathing whatsoever

5. If you swim TWO laps of an Olympic sized pool how many meters would you have covered a distance of?
 - a) 100 m
 - b) 100 m
 - c) 200 m
 - d) 50 m

6. What is the reason that swimmers wear a swim cap, tight fitting swim wear, oil their bodies and shave their body hair?
 - a) Cause more resistance
 - b) Reduce frictional drag
 - c) Cause the swimmer to float
 - d) Increase frictional drag

7. When performing the flutter kick with the freestyle, your knees should be
 - a) bent and rigid.
 - b) relaxed and bent.
 - c) slightly bent and relaxed.
 - d) nearly straight and rigid.

8. The Upward force an object feels from the water is known as
 - a) buoyancy.
 - b) floating.
 - c) sinking.
 - d) heavy.

9. While performing the backstroke if the swimmer's head is tilted back too deep into the water. His legs will
 - a) drop.
 - b) be lifted too high in the water.
 - c) be in their natural position.
 - d) make tiny splashes.

10. Two floating positions in swimming are
 - a) supine and mushroom.
 - b) starfish and prone.
 - c) prone and supine.
 - d) starfish and mushroom.

11. Tony performed a swimming activity that caused his body to be in a vertical position. What activity was he doing?
 - a) Butterfly
 - b) Backstroke
 - c) Treading
 - d) Breaststroke

12. Sam uses different body parts to create force in the water that leads to him moving. This creation of movement is called
- resistance.
 - buoyancy.
 - hydrodynamics.
 - propulsion.
13. What are the FOUR components that make up the freestyle and back stroke?
- Body position, breathing, knee bend, arm bend
 - Arm action, breathing, body position, knee bend
 - Breathing, body position, leg action, arm action
 - Kick, body position, breathing, head raise
14. Lifting the head high out of the water to breathe while doing the freestyle will
- slows breathing.
 - cause the legs to drop.
 - increase breathing.
 - make the arm action easier.
15. In which position is the backstroke done?
- Plantar
 - Supine
 - Dorsi
 - Prone
16. A beginner's main fear in the water is
- playing games.
 - standing with water waist high.
 - using floatation devices.
 - putting his/her face/head in water.
17. A beginner swimmer's water confidence can be developed by
- making the class fun.
 - introducing simple to complex activities.
 - using buoyancy aids.
 - all of the above.

18. Similarity/ies in the streamlined body position of the front crawl and back stroke is/are that the
- body is straight with toes pointed.
 - water is at the hair line.
 - arms and elbows are straight with arms close to ears.
 - body is basically straight, with knee bent.
19. When entering unknown waters, which is the BEST method to use?
- Wade
 - Plunge
 - Kneeling dive
 - Standing jump
20. Which of the following technique is not used in swimming competitions?
- Breaststroke
 - Freestyle
 - Backstroke
 - Sidestroke

SECTION B (40 marks)

Answer ALL questions in this section.

- 1) Explain why wearing “baggy” clothing or having hair on the body will cause resistance when swimming. (4 marks)
- 2) Explain why it is important to have a buddy system in your swim class. (2 marks)
- 3) Give the name of a floating technique that can be done in the supine and prone position. (2 marks)
- 4) Which floating procedure is MOST effective in lifesaving? (1 mark)
- 5) Explain why it is important that a swim instructor/teacher knows the medical history of her/his students. (2 marks)
- 6) Outline THREE safety procedures that should be observed in and around the pool. (3 marks)

- 7) Why are swimmers asked to rinse their bodies prior to entering a swimming pool? (2 marks)
- 8) Give THREE examples of contaminants in the swimming pool. (3 marks)
- 9) Swimming aids are important in learning to swim, list TWO advantages and TWO disadvantages of using these aids. (4 marks)
- 10) Name TWO floating aids used in teaching drills /activities. (2 marks)
- 11) Explain an introductory activity in teaching the backstroke. (4 marks)
- 12) Give ONE reason why it is important that we learn to tread water. (1 marks)
- 13) Explain TWO differences in the breathing in freestyle and the backstroke. (4 marks)
- 14) Give THREE coaching points in teaching the mushroom float. (6 marks)

SECTION C (40 marks)

Answer TWO questions from this section.

Question 1

- a. List FIVE coaching points for the leg action in either the back stroke OR front crawl. (5 marks)
- b. Explain using at least two drills and progressions that you would use to teach the leg action to a beginner class. (15 marks)

Total 20 marks

Question 2

- a. We all share the water we swim in, and each of us needs to do our part to help keep ourselves, family, and friends healthy. List and discuss FIVE ways we could prevent contaminants in the water. (10 marks)
- b. It is important to follow Safety Rules and listen to the teacher's instruction during a swimming class. Explain FIVE health and safety procedures to be followed and their importance. (10 marks)

Total 20 marks

Question 3

- a. List TWO similarities and TWO differences between the entry in the kneeling and crouch dives. (8 marks)
- b. With the use of teaching points explain how you would teach one of these dives to beginners. (12 marks)

Total 20 marks

END OF EXAMINATION

