

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022-EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SWIMMING 2

[PE208SEB]

YEAR 2

TIME 2 ½ HOURS

SECONDARY

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

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

SECTION A (20 marks)
Answer ALL questions from this section.

1. The breaststroke is done entirely in a _____ position.
 - a) supine
 - b) prone
 - c) vertical
 - d) horizontal

2. In the butterfly stroke, where does the recovery of the arms take place?
 - a) Over or out of the water
 - b) Beside the body
 - c) Anywhere
 - d) Under or in the water

3. The kick used in the execution of the butterfly stroke is called
 - a) flutter.
 - b) whip.
 - c) dolphin.
 - d) finning.

4. Which of the following is a cause of faulty streamlining?
 - a) Drag resistance
 - b) Frontal resistance
 - c) Improper alignment
 - d) Proper body position

5. For proper form in underwater swimming
 - a) your hands should reach as far as possible in front of you at the start of the pull.
 - b) you should start your underwater pull by pushing water sideways in front of you.
 - c) your arms should be straight during the underwater pull.
 - d) your arms should be close to the side at the pull.

6. Which of the following dives can be done in water six feet deep?
 - a) Standing.
 - b) Kneeling.
 - c) Sitting.
 - d) Lounge.

7. The first thing a lifeguard must do when a person is in difficulty in water is
 - a) jump in and rescue.
 - b) assess the situation.
 - c) throw in a device.
 - d) get help.

8. What are the FOUR components that make up the breaststroke?
 - a) Arm action, kick, body position, breathing
 - b) Body position, breathing, knee bend, arm bend
 - c) Kick, body position, breathing, head position
 - d) Breathing, body position, kick, turn

9. When effecting a rescue with a buoy that is attached to a rope, we should ensure
 - a) that we stand on the end of the rope.
 - b) wrap the rope tightly around our hands.
 - c) wrap the rope around our waist.
 - d) leave the rope free.

10. Gliding can best be defined as
 - a) a streamlined position as the body moves through the water with kick of the leg.
 - b) a streamlined position as the body moves through the water with arm action.
 - c) a streamlined position as the body moves through the water with movement of the arms and leg.
 - d) a streamlined position as the body moves through the water with no arm or leg action.

11. All of these factors affect a swimmer EXCEPT
 - a) resistance, drag and hydrodynamics.
 - b) buoyancy, propulsion and drag.
 - c) streamlining, and float.
 - d) propulsion, resistance, and glide.

12. Which of the following is not a component of the butterfly stroke?
 - a) Body position
 - b) Kick
 - c) Breathing
 - d) Skulling

13. Which is BEST to be used to rescue a swimmer who is within reach in the pool?
 - a) A telescopic pole
 - b) Your hand
 - c) A rescue buoy
 - d) A rope

14. Which governing body oversees the sport of competitive swimming?
- a) FINA
 - b) Amateur Swimming Association
 - c) USA Swimming
 - d) IOC
15. A 100 pounds person effectively weighs _____ pound(s) in the water.
- a) 1
 - b) 5
 - c) 10
 - d) 50
16. A typical complete swimwear consists of
- a) suit, cap, earplug.
 - b) suit, earplug, breathing gas device.
 - c) suit, breathing gas device, goggles.
 - d) suit, goggles, caps.
17. How long is an official short course swimming pool?
- a) 100m
 - b) 75m
 - c) 25m
 - d) 50m
18. The flutter kick is most commonly associated with which stroke?
- a) Back stroke
 - b) Breaststroke
 - c) Free style
 - d) Butterfly
19. All below are types of floats EXCEPT the
- a) mushroom.
 - b) star fish.
 - c) supine.
 - d) straddle.
20. How should you enter unknown waters?
- a) Kneeling dives
 - b) Crouch dive
 - c) Straddle Jump
 - d) Lunge dives

SECTION B (40 marks)

Answer ALL questions in this section

1. Name the FOUR parts of the butterfly stroke. (4 marks)
2. Give TWO occurrences that improper streamlining can cause. (2 marks)
3. Explain one warm up activity that could be used for the butterfly. (4 marks)
4. What is meant by the term *parallelism* in executing the breaststroke? (2 marks)
5. Explain how the whip kick is done. (4 marks)
6. Name TWO competition swimming strokes. (2 marks)
7. Give TWO advantages and TWO disadvantages of using buoyancy aids to teach a stroke. (8 marks)
8. Define the following terms (6 marks)
 - a. Buoyancy
 - b. Streamlining
 - c. Prone and supine positions
9. List TWO major fears that a beginner swimmer may experience. (2 marks)
10. Name TWO coaching points for the body position in the breaststroke. (2 marks)
11. List FOUR points to be observed when using the life buoy with a rope to affect a rescue. (4 marks)

SECTION C (40 marks)

Answer ANY TWO questions from this section.

1. a. Describe ONE life saving technique that can be used to rescue a distressed swimmer. (10 marks)
b. Explain why and when it is best to use the technique chosen. (10 marks)
2. a. Outline a full lesson used to teach the kick in either the breaststroke or the butterfly to a group of teenagers giving the coaching points and progression used. A Diagram can also be used to show formation of the class. (20 marks)

3. You were asked to observe a group of swimmers doing the breaststroke and the butterfly stroke. Your observation revealed the following faults in their swimming technique. Analyze the faults and explain drills that could be used to correct these faults.
- The swimmers' feet cause splashes in executing the breaststroke
 - The entry of the arms causes splashes in the butterfly stroke
 - There is twisting of the body while doing the breaststroke
 - While executing the pull in breaststroke, the torso does not come out of the water
- (20 marks)
4. You have a grade 9 class to teach the butterfly stroke. Develop familiarization drills and then activities to introduce the students to learning the stroke.
- (20 marks)

END OF EXAMINATION