

**TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION
MAY 2016 EXAMINATIONS
PHYSICAL EDUCATION**

**FITNESS METHODS
[PE315SEB]**

**YEAR 4
SECONDARY**

HOURS: 2 ½ HOURS

INSTRUCTIONS: Answer ALL questions in Sections A and B, and any THREE questions from Section B.

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

SECTION A

Answer ALL questions in this Section.

Circle the letter which indicates the best response.

[30 marks]

1. The concept of *physical fitness* may be defined as
 - a) the ability to maintain form.
 - b) maintaining fitness.
 - c) the carrying out of one's chores without being overly tired.
 - d) the ability to do a lot of work.

2. An example of a *hypo kinetic* disease is
 - a) hypertension.
 - b) headaches.
 - c) stress.
 - d) autism.

3. A component of physical fitness is
 - a) overload.
 - b) diminishing returns.
 - c) cardio respiratory endurance.
 - d) principle of initial value.

4. A skill related component of physical fitness is
 - a) reaction time.
 - b) strength.
 - c) stride length.
 - d) frequency.

5. The ability to accurately measure a specific fitness component with minimal errors is termed
 - a) Test Objectivity.
 - b) Test Validity.
 - c) Test Reliability.
 - d) Test Measurability.

6. *Warm-up* is described as
 - a) physiological and tactical.
 - b) physiological and psychological.
 - c) physical and social.
 - d) organic and technical.

7. Which stretch is preferred just before competition?
 - a) Dynamic
 - b) Isometric
 - c) Static
 - d) PNF

8. Advertising and health fairs are an integral part of the marketing aspect of
 - a) price.
 - b) promotion.
 - c) equipment.
 - d) position.

9. During the first phase of marketing, concentration is on
 - a) making maximum profit.
 - b) trying to promote the product and market testing.
 - c) changing the product.
 - d) competition.

10. The *sit and reach test* is used to measure
 - a) maximum stretch in the arms and shoulders.
 - b) flexibility in the hamstring & quadriceps.
 - c) flexibility in the lower back.
 - d) flexibility in the abdomen.

11. Body composition is best determined by
 - a) X-Ray method.
 - b) skin fold method.
 - c) light spectrum method.
 - d) hydrostatic weighing.

12. Resistance exercise is an effective way to
 - a) improve flexibility.
 - b) improve strength of muscles and bones.
 - c) build ones mental capacity.
 - d) help in proper circulation.

13. Which of the following terms describes a problem or a disadvantage that a person with a disability or impairment encounters when interacting with the environment?
 - a) Labeling
 - b) Handicap
 - c) Disability
 - d) Exceptionality

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 a person with a disability as
- the mentally retarded person.
 - the blind man.
 - the man who is blind.
 - the silly blind man.
16. At the beginning of an exercise program our client should do a
- ½ hour run.
 - step up test.
 - complete analysis of the equipment.
 - Par-Q-testing
17. Good aerobic activities for health fitness clients are as follows:
- Weight-lifting, plyometrics, rowing
 - Jogging, medicine ball exercise, walking
 - Running, treadmill exercise, walking
 - Cycling, Biking, stair climbing
18. An *old* man is any person between the ages of
- 34-44.
 - 50-64.
 - 74-84.
 - 84-94.
19. The exercises in weightlifting, “The Snatch and Clean and Jerk” are
- very explosive and static in nature.
 - the two Olympic lifts.
 - for endurance development.
 - explosive and endurance based.
20. Flexibility is limited by factors such as
- age and gender.
 - size and strength of the muscle.
 - nutrition and exercise.
 - height and size of a person.
21. Which part or side of the body must be measured when doing anthropometric testing?
- Skin
 - Right
 - Left
 - Body girth

22. The maximum lift is regarded as
- a) the maximum load lifted in one attempt.
 - b) the maximum lift after two repetitions.
 - c) set of 85% or more load.
 - d) three sets of 20 repetition/ minutes.
23. The principle that involves persons with *low initial physical fitness levels* showing great improvement during exercise is known as
- a) initial value.
 - b) diminishing returns.
 - c) progression.
 - d) cardio respiratory endurance.
24. One element of exercise prescription that promotes changes in body composition and stress levels is known as
- a) frequency.
 - b) intensity.
 - c) mode.
 - d) density.
25. During the stages of progression, which stage usually lasts 4-5 months?
- a) Initial stage
 - b) Maintenance stage
 - c) Improvement stage
 - d) Beginning stage
26. The modification of equipment and environment to meet the needs of individuals with a disability is known as
- a) Adapted Physical Education.
 - b) Free and Appropriate care.
 - c) Least Restricted Environment.
 - e) Modification.
27. The term *impairment* refers to
- a) individuals with disability.
 - b) loss or reduced function of body part or organ.
 - c) the inability to move.
 - d) being handicapped.
28. During anthropometric testing which sites are measured for women?
- a) Triceps, abdomen and thigh
 - b) Triceps suprailium and thigh
 - c) Chest, thigh and abdomen
 - d) Triceps, chest and thigh

29. The non fat component of the body is known as
- obesity.
 - lean fat mass.
 - fat free mass.
 - muscle.
30. The mesomorphic body type refers to individuals that are
- slim and strong.
 - average built.
 - heavy bone and muscle mass.
 - persons who are athletic.

SECTION B
Answer ALL questions.
[40 marks]

- Write brief notes explaining EACH of the following:
 - Para Olympics
 - Special Olympics
 - Wheel chair sports
 - Deaf sports
 - Mainstream sport
 - Disability
 - Adapted physical education

(14 marks)
- List the stages of progressions in an exercise program. State how long each program should last.

(6 marks)
- Explain the principle of *reversibility* in relation to physical fitness and suggest how this can affect your client's program.

(2 marks)
- Explain the concept of *aging*.

(2 marks)
- Define the following
 - diabetes
 - obesity

(2 marks)
- Briefly explain the THREE main training phases.

(6 marks)
- Explain the importance of PARQ testing.

(4 marks)
- Name the FOUR 'Ps' of marketing.

(4 marks)

SECTION C

Answer any **THREE** questions in this section.

[30 marks]

1. Discuss the importance of each of the following in the program of an elite sports enthusiast:
 - a) Medicine ball
 - b) Weight training
 - c) Flexibility
 - d) Circuit training(10 marks)

2. Explain how FIVE basic principles of the exercise program design can be used to improve the fitness level of your clients. (10 marks)

3.
 - a) Define the term *warm-up*.
 - b) List the FOUR different categories.
 - c) Explain how any TWO of the categories can be used to assist in the *warm-up* process for both elite and exercise enthusiasts.
 - d) Explain the importance of the *cool down* process in relation to your client's fitness programme. (10 marks)

4. Some marketing strategies include, product introduction, growth, maturity and obsolescence. Identify a group for which you will develop a fitness program and explain how you would utilize each of these strategies to make the program successful. (10 marks)

5.
 - a) Define the concept of *Physical Fitness*. (2 marks)
 - b) Discuss any FOUR components of *physical fitness* in relation to a group of clients. (8 marks)

END OF EXAMINATION

