

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

NETBALL LEVEL 2

(PE305SEB)

YEAR 3

TIME: 2 ½ HOURS

SECONDARY

INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and 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.

1. Which of the following principles of training describes the use of variety of activities within a program that will prevent boredom and stimulate motivation?
 - a) Specificity
 - b) Reversibility
 - c) Tedium
 - d) Progression

2. A _____ refers to a phase of training with a duration between 2-6 weeks.
 - a) macrocycle
 - b) microcycle
 - c) mesocycle
 - d) none of the above

3. If a player catches the ball and lands on the right foot; he or she may
 - a) step on the right foot and lounge on the left foot.
 - b) step on the left foot, lift the right foot and pass the ball.
 - c) step with both feet.
 - d) hop on the right foot, step on the left and then pass the ball.

4. 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

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, stabilization
 - d) Rest, engaging in sporting activity

6. 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
 - a) the ability to move parts of the body as quickly as possible.
 - b) the ability to respond to a stimulus.
 - c) the ability to exert maximum contraction in an explosive action.
 - d) the muscle's ability to perform a maximum contraction repeatedly.

7. Which skill BEST describes attacking strategies?
 - a) Passing and zoning
 - b) Dodging and pivoting
 - c) Screening and Stacking
 - d) Roll and man to man marking

8. During the game of netball, Goal Defence hits the ball, and it goes out of court. What penalty is given?
 - a) A free pass is awarded
 - b) A throw in is awarded
 - c) A free throw is awarded
 - d) A long throw is awarded

9. Which of the following is MOST likely to affect a learner's performance?
 - a) Personality
 - b) Confidence
 - c) Skill
 - d) Heredity

10. Which is NOT considered a skill component of fitness?
 - a) Body composition
 - b) Power
 - c) Agility
 - d) Speed

11. In a game situation, blue GD enters the centre third before the whistle is blown for the centre pass. What penalty is awarded?
 - a) A free pass is awarded
 - b) A throw on is awarded
 - c) A short throw is awarded
 - d) A long throw is awarded

12. All of the following are training factors EXCEPT
 - a) technical.
 - b) tactical.
 - c) practical.
 - d) physical.

13. How often netballers train is referred to as
- a) intensity.
 - b) repetition.
 - c) frequency.
 - d) overload.
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?
- a) Safety
 - b) Demonstration
 - c) Observation
 - d) Organizing
15. A toss-up in the game of netball is given for
- a) a ball that has been sent out of court.
 - b) simultaneous breaking.
 - c) the ball going over two thirds.
 - d) when the ball is dead.
16. During a netball game who is allowed to shoot for goal, replay the ball before it has been touched by another player, if ball does not touch the goalpost?
- a) WA
 - b) GA
 - c) C
 - d) GD
17. What statement is True when playing the game of netball?
- a) Drop the ball and replay it, throwing within three seconds of receiving the ball
 - b) Fall on the ball to gain possession, throw within three seconds of receiving the ball
 - c) Fall while holding the ball but regain footing and throw within three seconds of receiving the ball
 - d) 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
 - b) Sound of the whistle
 - c) Verbal communication
 - d) None of the above

19. Which type of feedback is commonly used during a netball game?
- a) Video
 - b) Charts
 - c) Statistics
 - d) All the above
20. If a player continues to infringe after receiving a caution for a specified behaviour, the umpire will issue an official warning to the player. Where appropriate an official warning may be given even if no caution has been issued. The umpire may
- i. Advise the player by using the term 'official warning'
 - ii. Specify the behavior for which the official warning is being given
 - iii. Signal to the official bench that an official warning has been given
 - iv. State any action that will follow if the behaviour does not change
- a) i and ii
 - b) ii and iii
 - c) iv and iii
 - d) All the above

SECTION B

Answer THREE questions in this section.

1. a. Briefly explain THREE types of skill-related components of fitness. (9 marks)
- b. Select ONE component from above and design THREE netball related activities you could use to improve the component. (6 marks)
2. a. It is imperative for a netball coach to give special attention to various training methods when developing their athletes. Explain any TWO training methods that coaches could use. (6 marks)
- b. Create a circuit training for a group of netballers to improve agility, muscular endurance and flexibility. (9 marks)
3. You have been preparing your team for a game, describe with the use of illustrations TWO defensive tactics and THREE attacking tactics that you could use to gain an advantage over your opponents. (15 marks)

4. To enhance optimal performance in any sport coaches need to be effective. Elaborate on THREE important roles that a coach should display in order to be effective in execution of his or her duties. (15 marks)
5. a. Goals can be powerful motivators for players and coaches. If done right, however, they can have an opposite effect. To be done right, goals must be SMARTER. Explain what the acronym SMARTER symbolizes. (7 marks)
- b. Describe TWO different types of motivation used in netball. (4 marks)
- c. Using examples, explain TWO ways they can affect performance. (4 marks)

END OF EXAMINATION