

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT**

**ASSOCIATE DEGREE IN COACHING**

**MAY 2022 EXAMINATION**

**SWIMMING 1**

**PE123ASC**

**YEAR 1**

**TIME: 2 ½ HOURS**

**INSTRUCTIONS: Candidates are required to answer ALL questions from Section A and Section B.**

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**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

**SECTION A (20 marks)**

**Answer all questions from this section by circling the most appropriate response.**

1. What is the name of the upward force acting on a body which is placed in water?
  - a) Buoyancy
  - b) Floating
  - c) Sinking
  - d) Streamlining
  
2. A body moving through water encounters resistance. What is it that a person can do to reduce this resistance without kicking or arm movement?
  - a) Sculling
  - b) Straddle
  - c) Gliding
  - d) Treading
  
3. Creating force in the water which leads to movement is known as:
  - a) resistance
  - b) buoyancy
  - c) hydrodynamics
  - d) propulsion
  
4. What effect does shaving body hair and wearing a swim cap have on a swimmer?
  - a) reduce drag
  - b) Increases Resistance
  - c) Does nothing to the swimmer
  - d) Cause the swimmer to float
  
5. When swimming the freestyle, which of the following BEST describes the correct head position?
  - a) The water level is at the swimmer's nose
  - b) The water level is at the swimmer's eyes
  - c) The water level is at the swimmer's hairline
  - d) The water level is at the swimmer's chin
  
6. What does water familiarization help beginners to do?
  - a) Have fun in water.
  - b) Develop water confidence.
  - c) Explore the water
  - d) All the above

7. The head is turned to the side to breathe in the front crawl, during trickle breathing so:
- stroke rhythm will not be interrupted
  - the mouth can come completely out of the water
  - the head will continue to be buoyed up by the water
  - you can both inhale and exhale while the mouth is out of the water
8. John is performing the backstroke and his legs are falling too deep into the water. What action by which part of the body will correct this?
- Tilt the head backwards
  - Lift the foot
  - Push the chin to the chest
  - Stiffen the entire body
9. Newton's Third Law in swimming says:
- Every object in motion remains in motion unless acted upon by an external force
  - For every action there is an equal and opposite reaction
  - There is a relationship between an objects mass and its acceleration
  - When volume increases the pressure decreases
10. What is the main purpose of a buddy system?
- Having a friend swim with you
  - Using a partner to watch as an added safety measure.
  - To have a partner telling you what you are doing wrong
  - Having a friend in the pool
12. When teaching treading to beginners, we should:
- Leave them in the deep end to attempt treading
  - Have them grab onto each other and practice
  - Have them use swimming aids to familiarize themselves
  - Leave them at the deep end to familiarize themselves
13. What is the mushroom in swimming?
- Treading
  - Float
  - Stoke
  - Dive

14. Which international organization oversees the sport of competitive swimming?
- FIFA
  - AFNA
  - FINA
  - PGAT
15. Define drag force
- The force created by the hand that causes a swimmer difficulty
  - The force developed by hand and arm pushing against water
  - The force developed by the body pushing against water
  - The downward force of the body pushing against water
16. When performing the backstroke, the \_
- Entire hand enters the water at the same time
  - Thumb enters first
  - Little finger enters first
  - Hand enters flat
17. When your head is lifted too high, while swimming in the freestyle, what will happen?
- Frontal resistance
  - Eddy resistance
  - Drag force
  - Skin friction
18. Which of the following is NOT a characteristic of backstroke swimming?
- Kick from your hips
  - Keep legs close together
  - Lay in supine position
  - Lay in the prone position
19. One similarity with the freestyle and backstroke is that:
- Both arms are in the water at the same time
  - The arms move simultaneously
  - The legs move alternately
  - The legs move in same direction at the same time
20. When performing the flutter kick with the front crawl, your body should be:
- bent and rigid
  - relaxed and bent
  - straight and rigid
  - nearly straight and relaxed

**SECTION B (60 marks)**

**Answer all questions in this section**

1. a) Explain using TWO activities how you would get a learner to become familiarize with the swimming environment. (4 marks)
- b) List FOUR hygiene practices that must be observed in and around the pool. (4 marks)
- c) Name TWO swimming aids that can be used when learning a skill. (2 marks)
- d) Explain ONE way that EACH could be used. (4 marks)
- e) Give TWO reasons, why some people can float much easier than others? (5 marks)
2. a) Name TWO kicks used when treading water (2 marks)
- b) State ONE difference in the freestyle and backstroke. (2 marks)
- c) What is the main use of the arms and legs in any of the recognized swim strokes? (2 marks)
- d) Explain how you would get beginner students to practice getting into a streamlined body position. (4 marks)
- e) Describe the kick used in the Back stroke. (4 marks)
- f) Explain TWO progressions (giving coaching points) that you would use to teach the leg action / kick in the freestyle. (6 marks)
3. a) List THREE basic dives. (3 marks)
- c) Describe the following in the Backstroke
- i) The Arm actions
  - ii) The Leg actions
  - iii) The body position
  - iv) Breathing (12 marks)
4. a) Explain using TWO ways you can get students to quickly learn the kick in threading. (6 marks)

***END OF EXAMINATION***

SECTION B (20 marks)

Answer all questions in this section

1. (a) Explain why TWO activities would not be considered to be work in progress with the following circumstances:

(i) A contractor has received a contract to build a house.

(4 marks)

(ii) A manufacturer has received an order for 1000 units of a product.

(4 marks)

(b) Give TWO reasons why some of the cost of a contract may be considered to be work in progress.

(4 marks)

2. (a) Name TWO risks that would be considered to be work in progress.

(4 marks)

(b) What is the main use of the cost of a contract and why is it not considered to be work in progress?

(4 marks)

(c) Explain how you would set up a contract account to record the following:

(i) Work in progress.

(ii) Work completed.

3. (a) Explain TWO progressions giving cost in a contract and how you would set up a contract account to record the following:

(i) Work in progress.

(ii) Work completed.

(4 marks)

(b) Describe the following in the context of a contract:

(i) The cost of work in progress.

(ii) The cost of work completed.

(iii) The cost of work in hand.

(4 marks)

(c) Explain how TWO costs you can be included in a contract account to record the following:

(i) Work in progress.

(ii) Work completed.

END OF EXAMINATION