

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SWIMMING 2

[PE208SEB]

**YEAR 2
SECONDARY**

TIME: 2 ½ HOURS

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

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

SECTION A – (20 marks)

Answer ALL questions in this section and select the most appropriate response.

1. In which position is the butterfly stroke done?
 - 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
 - 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. Lunge

7. The first thing a life guard 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 breast stroke?
 - 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 that
 - a. 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. flexibility, agility and balance.
 - d. propulsion, streamlining, 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 telescopic pole
 - The hand
 - A rescue buoy
 - A rope
14. Which governing body oversees the sport of competitive swimming?
- FINA
 - Amateur Swimming Association
 - USA Swimming
 - IOC
15. In the water a person who weighs 112 pounds/51kg will now effectively weigh approximately.
- 1 pounds
 - 5 pounds
 - 10 pounds
 - 50 pounds
16. Typical complete swimwear consists of
- suit, cap, earplug.
 - suit, earplug, breathing gas device.
 - suit, breathing gas device, goggles.
 - suit, goggles, caps.
17. How long is an official *short course* swimming pool?
- 100m
 - 75m
 - 25m
 - 50m
18. The flutter kick is most commonly associated with which stroke?
- Back stroke
 - Breast stroke
 - Free style
 - Butterfly

19. All of the following are types of floats EXCEPT
- mushroom.
 - starfish.
 - supine.
 - straddle.
20. How should unknown waters be entered? With
- kneeling dives.
 - crouch dives.
 - straddle jumps.
 - lunge dives.

SECTION B – (40 marks)

Answer ALL questions in this section.

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

SECTION C – (40 marks)

Answer TWO questions in this section.

12. a. Describe ONE life saving technique that can be used to rescue a distressed swimmer. (10 marks)
- b. Outline the conditions under which it is best to use the technique chosen in (a) above. (10 marks)
13. Write a lesson plan used to teach *the kick* in either the breaststroke or the butterfly to a group of teenagers, giving the coaching points and progression used. Diagrams can also be used to show the formation of the class. (20 marks)
14. 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 EACH of these faults.
- a. The swimmers' feet cause splashes in executing the breaststroke.
- b. The entry of the arms causes splashes in the butterfly stroke.
- c. There is twisting of the body while doing the breaststroke.
- d. While executing the pull in breaststroke, the torso does not come out of the water. (20 marks)
15. You have a grade 9 class to teach the butterfly stroke. Develop TWO familiarization drills and then FOUR activities to introduce the students to learning the stroke. (20 marks)

END OF EXAMINATION