

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SWIMMING II

[PE 208SEB]

**YEAR 2
SECONDARY**

TIME: 2 ½ HOURS

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

SECTION A (20 marks)

Answer ALL questions from this section by circling the letter beside the most appropriate response.

1. In swimming faulty streamlining causes
 - a. drag resistance.
 - b. frontal resistance.
 - c. improper alignment.
 - d. proper body position.

2. The three R's of the backstroke are
 - a. relaxation, rhythm, rotation.
 - b. roll, relaxation, repeat.
 - c. rotation, rhythm, repeat.
 - d. rotation, relaxation, roll.

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

4. 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.

5. 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

6. When performing the butterfly stroke
 - a. the hand enters flat.
 - b. the little finger enters first.
 - c. the thumb enters first.
 - d. the elbow enters first.

7. The position of the body in the breast stroke is
 - a. horizontal.
 - b. mostly submerged.
 - c. vertical.
 - d. mostly out of the water.

8. Which is best to use to rescue a swimmer who is within reach in the pool?
 - a. A telescopic pole
 - b. A rescue buoy
 - c. The hand
 - d. A rope

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

10. In which of the swimming strokes is it easiest to breathe?
 - a. Breast stroke
 - b. Back stroke
 - c. Butterfly
 - d. Free style

11. When using a rescue buoy to save a drowning victim it is best to
 - a. throw it directly at the victim.
 - b. carry it to the victim.
 - c. throw it slightly away from the victim.
 - d. throw it so the victim can swim to it.

12. When using the hands to rescue a swimmer, you should grab
 - a. the fingers.
 - b. the elbows.
 - c. the shoulders.
 - d. above the wrist.

13. When effecting a rescue with a telescopic pole you should ensure
 - a. that the pole is locked.
 - b. that the pole sticks the victim.
 - c. not to extend it too much.
 - d. that it is not held too tightly.

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

15. How long is an official short course swimming pool?
- 25m
 - 75m
 - 100m
 - 50m
16. The flutter kick is most commonly associated with
- back stroke.
 - breast stroke.
 - free style.
 - butterfly.
17. How should waters of unknown depth be entered?
- Kneeling dive
 - Crouch dive
 - Straddle jump
 - Lunge dive
18. A water confidence activity used with a beginner would be to
- throw him/ her into the deep end.
 - play ring games in the pool.
 - force him/her to put face in water.
 - ask him/her to do one of the strokes.
19. In the butterfly stroke, where does the recovery of the arms take place?
- Over or out of the water
 - Beside the body
 - In front of the body
 - Under or in the water
20. Trickle breathing is
- breathing gradually through mouth and nostrils simultaneously.
 - breathing, in which air is blown out quickly and forcibly.
 - sharp exhale of breath in the water.
 - inhale to the side and exhale under water.

SECTION B

Answer ALL questions in this section. (40 marks)

1. Give TWO coaching points for the arm action in the breast stroke. (2 marks)
2. Suggest TWO simple activities that can be used to develop water confidence. (2 marks)
3. Is *drag* a propulsive or a resistant force? Explain your answer. (3 marks)
4. Name and describe TWO methods of entering the pool to carry out a rescue. (4 marks)
5. Name the TWO parts of the butterfly stroke. (2 marks)
6. Differentiate between the terms *trickle breathing* and *explosive breathing*. (4 marks)
7. List FOUR safety points that should be practiced in and around the pool. (4 marks)
8. Give a leg action fault, its effect and how to correct it when teaching breaststroke. (6 marks)
9. Name the kick used when doing the breaststroke. (1 mark)
10. Explain how the following errors in the butterfly could be corrected.
i) Kick gives no power ii) Leg splashes iii) Arm going sideways (6 marks)
11. List FOUR points to be observed when using the life buoy with a rope to effect a rescue. (4 marks)
12. What is meant by the term “parallelism” in executing the breaststroke? (2 marks)

SECTION C

Answer question 1 and ONE other question in this section. (40 marks)

1. Explain step by step, the correct procedure for entering the water to carry out a rescue of a swimmer who is actively drowning using rescue aids of your choice. (20 marks)

2. A student was swimming using the front crawl and you observed the following faults:
- Elbows enters the water before the hand
 - Arm recovery is low or wide
 - Arm pull is short
 - Hand enters in front of head or across midline
 - Inhale water
- Give corrections for each (20 marks)

3. Give TWO coaching points for each of the following in the breaststroke :-
- a. Body position
 - b. Leg action
 - c. Arm action
 - d. Breathing
- (20 marks)

4. 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.
- 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. There is no synchronization between the arm action and the leg action in the butterfly
 - e. While executing the pull in breaststroke, the torso does not come out of the water
- (20 marks)

END OF EXAMINATION