

**THE UNIVERSITY OF SWAZILAND  
FACULTY OF EDUCATION  
PRIMARY EDUCATION  
CERTIFICATE IN PHYSICAL EDUCATION**

**CPE 102  
FUNDAMENTAL SKILLS DEVELOPMENT**

**3 Hrs**

**FINAL EXAMINATION PAPER  
MAY 2009**

**INSTRUCTIONS**

1. Answer FOUR (4) questions altogether
2. Answer one (1) from each section
3. Section 1 is on Badminton
4. Section 2 is on Track and Field
5. Section 3 is on Gymnastics
6. Section 4 is on Aerobics and Fitness
7. Section 5 is on Swimming..
8. Use a different examination booklet for each the sections answers.

## **SECTION 1 - BADMINTON**

**Choose and answer any ONE question from the following:**

**Q1.**

- a) Enumerate all the skills in Badminton [7]
- b) Discuss the role of each skill in Badminton performance [18]

**OR**

**Q2.**

- a) Describe how a badminton game is scored [10]
- b) Explain setting in badminton for singles and doubles play [10]
- c) Differentiate the following terms in badminton; fault and let [5]

## **SECTION 2 - TRACK AND FIELD**

**Choose and answer any ONE question from the following questions:**

**Q1.**

- a) State and analyze all types of starts in Track events. Realize that this explanation is to a novice athlete who would have to make understand and meaning of this analysis? [10].
- b) Discuss the differences between the sprint and distance running technique [15]

**OR**

**Q2.**

- a) Explain the phases of an execution of a long jump? [10]
- b) Explain the biomechanics (execution) of shot putt? [10]
- c) Generally describe the importance of a delivery phase in throwing events?  
[5]

### SECTION 3 – GYMNASTICS

Choose and answer any ONE question from the following:

Q1. Describe in details how you would teach the following gymnastics skills to a class of 40 (forty) pupils? Your description must adhere to the concept of teaching the skill in sequential steps. Include the warm ups too. You must state the tips to look for? [25]

Skills:

- a) Forward roll
- b) Backward roll
- c) Handstand
- d) Cartwheel

OR

Q2. Briefly describe the history of gymnastics. In your description include the following:

- Where the gymnastics started
- How it started
- How it spread into Europe
- What are the values of gymnastic; explain at least six [25]

### SECTION 4 - AEROBIC EXERCISE AND FITNESS

Choose and answer any ONE question from the following:

- Q1. a) Define BMI and discuss its health implications [10]
- b) You have just measured a female primary school teacher, who has the following data: Height – 166cm; weight – 110kg and aged 35 years at last birthday. Answer the following questions:
- i) Calculate the teacher's BMI [5].
  - ii) Is the teacher obese or not? Explain your answer and the implications [5]
  - iii) What advice would you give to the teacher to make her lead a healthy lifestyle? [5]

OR

Q2. Explain the following terms and give one example or illustrate in using sport performance?

- a) Dorsiflexion/Plantar flexion [5]
- b) Extension/Hypextension [5]
- c) Abduction/Adduction [5]

- d) Rotation/Circumduction [5]
- e) Inversion/Eversion [5]

## **SECTION 5 - SWIMMING**

### **Choose One questions**

**Q1. Describe in details any of the four different strokes? In your answer consider**

- a) head position [5]
- b) arm movements [5]
- c) leg movements [5]
- d) breathing and [5]
- e) body position [5]

**OR**

**Q2.**

- a) Discuss the difference between the alternative strokes and the even strokes?  
[15]
- b) Briefly discuss challenges a competitive swimmer faces in water and how  
does s/he can overcome them? [10]

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**END**