

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

**CPE 102
FUNDAMENTAL SKILLS DEVELOPMENT**

2HRS

**END OF SEMESTER 1 EXAMINATION
DECEMBER 2009**

INSTRUCTIONS

- 1. Answer 4 questions altogether*
- 2. Answer one (1) question from each section*
- 3. Section 1 Badminton*
- 4. Section 2 Track and Field*
- 5. Section 3 Aerobics and Fitness*
- 6. Section 4 Swimming*
- 7. Use a separate examination booklet for each section*

Section 1

BADMINTON

1. (a). Enumerate all the skills in Badminton (7 marks)
(b). Discuss the role of each skill in Badminton performance (18 marks)

OR

2. (a) Describe how a badminton game is scored (10 marks).
(b) Explain setting in badminton for singles and doubles play (10 marks).
(c) Differentiate the following terms in badminton: fault and let (5marks).

Section 2

Track and field

QUESTION 1 (25 marks)

- a) The javelin throw technique has four different phases. Name them and state their objective. (8 marks)
- b) The manner in which the javelin is held is called the (1 mark)
- c) The linear technique in the shot put has four different phases. Name them and state their objectives. (8 marks)
- d) The other shot put technique, other than the linear, is called the.....(1 mark)
- e) In the throws technique (other than in the hammer throw) the delivery phase starts with the transition, followed by the and after the delivery, all the throws end with a (2 marks)
- f) In which throws are the following training drills applicable?
 - One-turn throw? (2 marks)
 - Standing side-throw? (1 mark)
 - Standing front throw? (1 mark)
 - 3-stride rhythm and throw? (1 mark)

QUESTION 2

- a) In running events, an athlete has finished if the of his\her body has reached the finish line. (1 mark)

- b) Draw and dimension the performance areas for the following athletics' events;
- First change-over zone for the 4 x 100m relay; (2 marks)
 - Javelin sector: (3 marks)
 - Shot put circle and sector; (3 marks)
 - Long jump and triple jump pit with run-way; (4 marks)
- c) In the jumps and throws, athletes can take up to attempts, before the final result is determined. (1 mark)
- d) The officials that use flags to judge in track athletics are called (1 mark)
- e) The technical officials in track athletics who use stopwatches to determine results are called (1 mark)
- f) The most senior technical official in athletics is called the (1 mark)
- g) The starter, in sprint events, issues three commands to start a race. State these commands. (3 marks)
- h) In an athletics meeting, events are categorized into two main groups. Name these groups of events. (2 marks)
- i) In a relay event, the total number of medals issued to winners is (1 mark)
- j) Generally, there are finalists in an athletic event. (1 mark)
- k) The track and field competition for athletics is called (1 mark)

Section 3

Aerobics and Fitness

1(a) Define BMI and discuss its health implications (10marks).

(b) You have just measured a female primary school teacher who has the following data:
Height – 166cm; Weight – 110kg and Age 35 years at last birthday.

Answer the following questions:

- (i). Calculate the teacher's BMI (5marks)
- (ii) Is the teacher obese or not? Explain your answer (5marks)
- (iii) What advice would you give to the teacher to make her lead a healthy lifestyle? (5marks)

OR

1. Describe the following terms and give one example each in exercise/sports:

- (a). Dorsiflexion/Plantar flexion (4marks)
- (b). Extension/Hyperextension (4marks)
- (c). Abduction/Adduction (4marks)
- (d). Rotation/Circumduction (4marks)
- (e). Inversion/Eversion (4marks)
- (f). Sagittal plane/Coronal plane (5marks)

Section 4

Swimming

Question 1

- a. While providing relevant examples, give five benefits of taking-up swimming lessons (15 marks)
- b. Enumerate and explain the steps you would follow to allay the fear of water in swimming beginners (10 marks)

OR

Question 2

Provide detailed descriptions with examples on the following:

- i Buddy system in water safety
- ii Breaststroke
- iii Butterfly
- iv Sidestroke
- v Floaters

(25 marks)