

UNIVERSITY OF SWAZILAND

FACULTY OF EDUCATION

DEPARTMENT OF PRIMARY EDUCATION

CERTIFICATE IN PHYSICAL EDUCATION

EXAMINATION PAPER DECEMBER, 2009

TITLE OF PAPER: Teaching Principles and Philosophy in Physical Education

COURSE CODE: CPE 106

TIME ALLOWED: Two (2) Hours

INSTRUCTIONS: Answer any two questions in Section "A" and any two (2) in Section "B".

THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR

SECTION A : Answer any two questions

Question 1

Given the following standards of PE, select any five and explain each while giving a practical example. [25 marks]

Standard 1: Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity

Standard 4: Achieves and maintains a health-enhancing level physical fitness

Standard 5: Exhibits responsible personal and social behaviour that respects self and others in physical activity settings

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Question 2

1. Formulate one instructional goal on any topic in PE [5 Marks]

2. From the above goal, formulate 4 instructional objectives with justification [20 Marks]

Question 3

A scheme of work organises course content and describes how it will be delivered. It allows teachers to plan a programme that is appropriate for their learners. Based on this:

1. Explain with examples what an effective scheme of work should contain [5 Marks]

2. List and explain five considerations for creating a scheme of work [10 Marks]

3. Explain the importance of multiple learning environments in a scheme of work [5 Marks]

4. Explain how you can use a scheme of work to teach students in a PE programme [5 Marks]

Question 4

Assessment in the instructional process is important because it provides both students and teachers with objective evidence with which to make decisions. Briefly discuss any five of the following assessment procedures while providing an example.

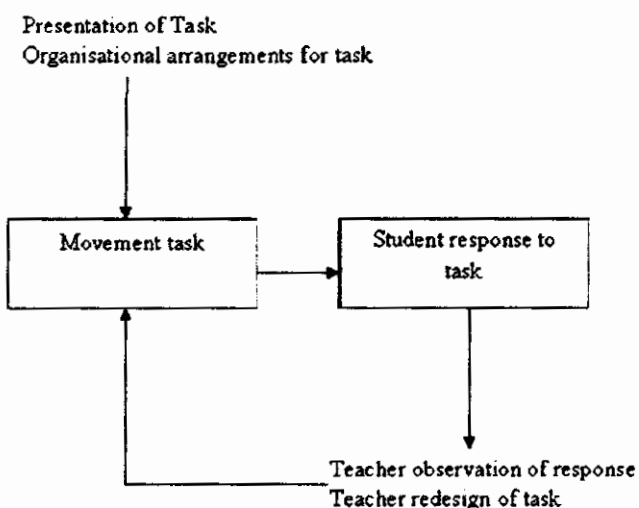
- Observation
- Event tasks
- Student Journals
- Portfolio
- Written test
- Student/Group projects and reports
- Student logs

Section B

Answer any two questions

Question 5

Briefly discuss the Movement Task-Student Response to task model (below) as used in PE. Provide a practical example for each step. [25 Marks]



Question 6

Explain while giving an example, any five of the following factors that influence a session design in a PE programme. [25 Marks]

- Learning objectives
- Climate for learning
- Teaching and learning strategies and approaches
- Questioning
- Explaining
- Organisation of the learning environment
- Health and safety

Question 7

Explain and expatiate the following philosophies of education in relation to physical education. Provide a relevant example to support your response for each. [25 marks]

- Pragmatism
- Humanism
- Realism
- Idealism
- Naturalism

Question 8

With practical examples, discuss the psychomotor domain of learning and how it is related to the objective of physical fitness which refers to the *state where an individual has developed great endurance, speed, strength etc. Physical fitness is essential to leading a happy, vigorous and abundant life.* [25 marks]