

University of Eswatini



Faculty of Education

Final Examination Paper April 2021

Title of Paper: INTRODUCTION TO PHYSICAL EDUCATION

Course Code PED413

Time Allowed: Three (3) Hours

1. Answer four questions.
2. Each question carries twenty five (25) Marks.
3. Credit will be given for clarity of thought.

This paper must not be opened until permission has been granted by the invigilator.

Instruction:

Answer four (4) questions from this question paper.

Question One

State and describe using relevant examples, the five (5) benefits of play to a child.

(25 marks)

Question Two

i) Describe the art of physical education. (9 marks)

ii) Gymnastics is part of the art of physical education; describe how any two types of gymnastics are done. (16 marks)

Total: 25 marks

Question Three

i) Name any five (5) muscles, describe where they are found in the body and the movements that they perform in some occasions. (20 marks)

ii) Explain the effects of the muscular system on physical activity. (5 marks)

Total: 25 marks

Question Four

The teaching of physical education requires thorough preparation as well as proper time tabling. Critically explain five (5) factors to consider in preparing to teach any strand of physical education. (25 marks)

Question Five

The central nervous system (CNS) controls most functions of the body and mind.

i) Draw and label the central nervous system. (15 marks)

ii) Explain the functions of the central nervous system in sporting activities. (10 marks)

Total: 25 Marks



Prof. R.P. Chetty