

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1221

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1221: THEORY AND METHODOLOGY OF PHYSICAL EDUCATION

AUGUST 2009

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large, clearly labeled diagrams.

1. a) Define play. (5 marks)
 b) Discuss theories that explain why people engage in play. (20 marks)
2. Discuss three domains that are targets of the Physical Education objectives. (25 marks)
3. Write brief notes on the following terms:-
 - i) Sports (5 marks)
 - ii) Physical Education (5 marks)
 - iii) Recreation (5 marks)
 - iv) Leisure (5 marks)
 - v) Games (5 marks)
4. a) Design a one week scheme for Physical Education. Your scheme should include a ball game, educational gymnastics and athletics. (15 marks)
 b) Draw a lesson plan from any of the disciplines listed in (4a) and show how you would develop from one stage to the next. (10 marks)
5. a) Discuss three stages of motor skill learning. (15 marks)
 b) List and discuss the qualities of a good Physical Education teacher (10 marks)
6. a) What is negligence? (2 marks)
 b) What constitutes negligence and how can this be avoided in sports? (10 marks)
 c) Describe three types of negligence. (13 marks)

END OF EXAMINATION