

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

MAY 2011

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 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. Briefly describe the nature of the activities taught in Ancient Greek Physical Education. [25 marks]
2. Give a detailed outline of the basic requirements, when teaching or coaching Physical Education and Sports. [25 marks]
3. What are the implications of Physical Education and Sports to people with disabilities? [25 marks]
4. As a Physical Education and Sports Lecturer on a student industrial attachment visit, which are the key factors that you should consider when supervising a student teaching or coaching Physical Education and Sports. [25 marks]
5. a) What is adapted Physical Education? [5 marks]
b) Design a Physical Education Programme clearly showing adapted physical education activities that you could do in your college or community to cater for the people with the following disabilities:-
 - i) The blind. [5 marks]
 - ii) The deaf. [5 marks]
 - iii) The mentally retarded. [5 marks]
 - iv) The physically disabled. [5 marks]
5. Critically analyse the Nziramasanga Commission report on sports and physical education under the following sub-heading:-
 - i) Current situation. [5 marks]
 - ii) Findings. [5 marks]
 - iii) Comments. [5 marks]
 - iv) Challenges. [5 marks]
 - v) Recommendations. [5 marks]

6. Discuss the five phases of the curriculum process distinguishing the design implementation and evaluation phases.

[25 marks]

END OF EXAMINATION