

PHYSICAL EDUCATION (PHE 1014)
MOCK EXAMINATION

INSTRUCTIONS TO CANDIDATES:

1. Answer **ALL** questions in the sections A in the spaces provided.
2. Answer any **TWO** questions from section B.
3. Answers to all questions Must be written in the spaces provided in this booklet.

FOR OFFICIAL USE ONLY

Section	Question	Maximum score	Score
A	1	12	
	2	11	
	3	13	
	4	12	
	5	12	
B	6	20	
	7	20	
	8	20	
TOTAL SCORE			

SECTION A (60 MARKS)

Answer ALL the questions in this section.

1. a) State three body types that cannot be changed through exercise (3mks)
b) Outline five stages of throwing a shot put (5marks)
c) Identify four factors that govern the outgoing runner in relays (4mks)
2. a) i) Describe ‘spotting’ as used in gymnastics (3mks)
ii) Identify three teaching points emphasized when performing cat spring in gymnastics (3mks)
b) Give three dance speeds used performance (3mks)
c) Explain ‘treading’ as used in swimming. (2mks)
3. a) Describe fracture under the following sub-headings
i) Causes (3mks)
ii) Signs and symptoms (3mks)
b) State three signs of overtraining during performance (3mks)
c) Identify one negative effect of the following environmental conditions during exercise (4mks)
i) Heat
ii) Cold
iii) Attitude
iv) Fog

4. a) Highlight two rules governing bowling in the game of Rounders (2mks)
 - b) List two circumstances that may necessitate a better to walk during the game of softball (2mks)
 - c) Identify three scores that makes a team to score points in Rugby. (3mks)
 - d) Explain how an umpire will signal for a 'No pull' in a Tug-Of-War contest (2mks)
 - e) Mention three aspects that may lead to negligence during a physical education lesson (3mks)
5. a) Describe the stages of a physical education lesson plan (8mks)
 - b) Identify five ways in which equipment and facilities can be manipulated to suit learners with impairment during P.E lesson. (5mks)

SECTION B (40 MARKS)

Answer any TWO questions from this section

6. a) Draw a well labeled Basketball court (8mks)
 - b) Outline four rules governing penalty stroke in soccer (4mks)
 - c) State three responsibilities of each of the following officials in a game of soccer (6mks)
 - i) Referee
 - ii) Fourth official
 - d) Explain 'formation' as used in soccer (2mks)
7. a) Highlight five reasons for awarding a free pass in Netball (5mks)
 - b) Identify five conditions that should be observed during a centres pass in a game of Netball (5mks)
 - c) i) Highlight four qualities of a good and effective Hockey goalkeeper (4mks)
 - ii) Give the purpose of the following lines in Hockey (6mks)

1. Back line	_____
2. 6.4m mark	_____
3. Striking circle	_____
4. Sideline	_____
5. 25 yard line	_____
6. Goal line	_____
8. a) Give two characteristics of a Handball ball (2mks)
 - b) List two instances when a 'chest pass' may be employed in a game of Handball (2mks)
 - c) Which is the international governing body for Handball (1mk)
 - d) Explain the guidelines of executing a Referee's throw in the game of Handball (5mks)
 - e) i) Outline four responsibilities of the backcourt players in the game of volleyball. (4mks)
 - ii) Describe two situations when a player may be penalized for an 'assisted hit' during the game of volleyball.
 - iii). State explain two formations applied in the game of volleyball (4mks)