



Akenten Appiah-Menka University
of Skills Training and Entrepreneurial
Development
Institute for Teacher Professional Development and
Lifelong Learning
End of Second Semester Examinations - October, 2024

ITPDLL
INSTITUTE FOR
TEACHER PROFESSIONAL
DEVELOPMENT AND LIFELONG
LEARNING

College:	
Course Code:	GRC 123
Course Title:	INTERSECTION OF PHYSICAL ACTIVITY, SPORTS, MUSIC AND DANCE
Duration:	Two (2) Hours
This paper consists of five sections (A-E). Answer questions under each	



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Section A (20marks)

For questions 1 – 25, choose the most appropriate answer from the options lettered A, B, C, and D provided.

1. Bobobo literally means ...
 - A. bending down.
 - B. jumping up.
 - C. hopping up.
 - D. limping down.
2. The components of Health-Related physical fitness includes ...
 - A. composition.
 - B. speed.
 - C. stamina.
 - D. strength.
3. Which of the following is a method of stopping bleeding in sports?
 - A. Fraying
 - B. Freezing
 - C. Tournament
 - D. Tourniquet.
4. As a first aider, what **first** step will u take to manage a student who has dislocated her shoulder joint?
 - A. Apply bandage
 - B. Apply cold compress
 - C. Fix the joint
 - D. Stop bleeding

5. The amount of force a muscle can exert is known as muscular ...
 - A. ability.
 - B. endurance.
 - C. stamina.
 - D. strength.

6. Stretching activities helps to improve ...
 - A. body composition.
 - B. cardio-respiratory endurance.
 - C. flexibility.
 - D. muscular endurance.

7. Greenstick fracture occurs in ... bone.
 - A. children's
 - B. diseased
 - C. old
 - D. young

8. What type of fracture occurs when a bone breaks at a 90-degree angle to the long axis?
 - A. Longitudinal
 - B. Oblique
 - C. Spiral
 - D. Transverse

9. Which type of fracture commonly occurs in the spine?
 - A. Compression
 - B. Impacted
 - C. Spiral
 - D. Stress

10. What type of wound occurs when a child rubs his/her skin continuously against hard surface causing a collection of body fluid beneath the skin layers?
 - A. Avulsion.
 - B. Blister.
 - C. Bruise.
 - D. Contusion.

11. The ultimate aim of giving first aid is to ...
 - A. safe life.
 - B. stop bleeding.
 - C. prevent injury from getting worse.
 - D. reduce pain.

12. Symptoms of dislocation includes the following except ...
 - A. brownish joint.
 - B. fixity of the joint.
 - C. pain at the joint.
 - D. tenderness.

13. An early grade learner who collapse on the field of play can be revived by
- A. cardio-pulmonary resuscitation .
 - B. robbing hands at his/her back.
 - C. pain killer.
 - D. giving drips.
14. When a broken bone pierces through the skin, it causes fracture.
- A. close
 - B. open-close
 - C. open
 - D. short
15. The elastic leverage low impact dance which is performed on trampoline is known as....
- A. collapsing.
 - B. dynamics.
 - C. percussion.
 - D. rebounding.
16. Atumpan is the master drum of what dance ensemble?
- A. Adowa
 - B. Kpnlogo
 - C. Kundum
 - D. Takyai
17. Punctured wound can be caused by ...
- A. blade.
 - B. hacksaw.
 - C. nail.
 - D. seesaw.
18. The elastic fibers that prevent easy dislocation of bones at joints are ...
- A. arteries.
 - B. ligaments.
 - C. tendons.
 - D. veins.
19. Apatampa is a traditional dance for the tribe of ...
- A. Ashanti's .
 - B. Dagombas.
 - C. Fantes.
 - D. Sesalas.
20. The clacking sound of the dancers' rods is part of the overall percussive music of ...
- A. Adowa.
 - B. Kundum.
 - C. Takai.
 - D. Nagla.



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Section B (10marks)

Provide the best answers for the questions below (21-28)

21. What is dance **1mark**
22. State two (2) aspect of health related physical fitness that can be developed through jumping and bending of the body in Takai dance? **1mark**
i
ii
23. Pitch is the and sound we hear in music. **2marks**
24. Texture is the **1mark**
25. State one benefit athletes derived from cool down? **1mark**
i.....
26. What is wound..... **1mark**
27. List any two instruments used in Adowa ensemble. **1mark**
i.....
ii.....
28. Dynamic balance refers to **2marks**

Section C (5marks)

Indicate whether the statements below are true or false for items 26 to 30.

29. Physical education helps to develop social skills such as teamwork.
30. Traditional music performers use strict and unchanging rhythmic patterns without variation.
31. Muscular endurance can be developed through a single bout weight lifting.
32. CPR can be used to resuscitate a person who has been in an unconscious state for two weeks
33. Drawing is an example of fine motor skill.

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SECTION D (5 marks)

From questions 34 to 38 match the Column in column B with the correct answer in column A.
Write the letter of the correct answer next to each statement.

Column A		Column B	
No	Question		Options
34.	Adowa C	A,	The dance begins by women tapping both sides of the buttocks separately followed by a clap and the right hand hits the chest twice creating the beautiful rhythm of the dance.
35.	Kundum	B	The music accompanying the dance is drawn from gome, oge and kolomashie.
36.	Kpanlogo H	C,	The dancers use symbolic language and different movements with their hands in telling their own story.
37.	Bamaaya	D	This dance is associated with dryness of a river and prayers for the rains to come
38.	Apatampa A	E	This dance is performed in 3 sections: Domo, Ewulay and Edudule
		F	Dancers flare out their cloth when they wheel around, they strike rods to their front and rear on the cadence moment of the drum rhythm.
		G	The dance is believed to have been derived from an old war dance called Atrikpui.
		H,	This dance was founded by Kodzo Nuatro.

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Section E (20marks)

Answer one (1) question from this section.

39. a. Define the term Self-Awareness? **2 marks**
- b. Enumerate five (5) benefits of Self-Awareness. **5 marks**
- c. State three (3) roles Physical Education plays in the development of emotional skills in children. **3 marks**
- d. Explain five (5) components of Health Related Physical Fitness and give one example each of exercises that can be used to develop them. **10 marks**
40. a. Mention and give two (2) characteristics each on the three main body types in Physical Education. **6 marks**
- b. State and explain the ABC principles of First Aid. **6marks**
- c. Mention four (4) barriers to the implementation of PEMD in Basic schools in Ghana. **4marks**
- e. Mention four (4) misconceptions associated with Physical Education, Music and Dance. **4marks**
41. a. Define the following terms.
- i. Balance
 - ii. Intensity
 - iii. Reversibility
 - iv. Space
 - v. Frequency
- b. Enumerate three (3) importance of school assembly songs as a would be Basic school teacher. **3 marks**
- c. Outline three (3) importance of Right-of-Passage. **6 marks**
- d. Define physical inactivity and give (4) negative implications it has on health. **6 marks**

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