



UNIVERSITY OF EDUCATION, WINNEBA
INSTITUTE FOR TEACHER EDUCATION AND CONTINUING
PROFESSIONAL DEVELOPMENT (ITECPD)
END-OF-SECOND-SEMESTER EXAMINATIONS, OCTOBER, 2023



LEVEL 100

COURSE CODE: EBC 123

COURSE TITLE: INTERSECTION OF PHYSICAL ACTIVITY, SPORTS,
MUSIC, AND DANCE

TIME ALLOWED: 2 HRS

STUDENT'S INDEX NUMBER:

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GENERAL INSTRUCTIONS:

- This paper is made up of ONE SECTION.
- *The Section is made up of five essay type questions.*
- *Answer any THREE questions in your answer booklet.*
- *Each question carries equal marks. You are expected to start each question on a new page.*
- *You are expected to hand over your answer booklet to the invigilator before you leave the examination hall.*

Instruction: Answer any three (3) questions in the answer booklet provided.

1a. As a newly trained teacher posted to Kalamazu Basic school, list **five (5)** benefits of self-awareness to your pupils. **(5 marks)**

1b. How would you explain physical fitness to your colleagues in PEMD lecture? **(5 marks)**

1c. Enumerate **five (5)** different types of physical activities and movements that go with indigenous ensemble or dance. **(5 marks)**

1d. List **five (5)** misconceptions of PEMD. **(5 marks)**

2a. Write a brief historical background of Bawa dance. **(5 marks)**

2b. As a teacher trainee, explain the term "reaction time" to your colleagues who were not in class during the PEMD lesson. Use a traditional dance for the explanation of the term. **(8 marks)**

2c. What is Rite-de-Passage? (2 marks)

2d. Explain dislocation and provide **three (3)** causes of dislocation. (5 marks)

3a. What **four (4)** ways can misconceptions about PEMD be defused among basic eight (8) learners. (8 marks)

3b. With examples, differentiate between fine and gross motor skills in the teaching and learning of PEMD. (5 marks)

3c. Differentiate between health related physical fitness and skill related physical fitness components. (4 marks)

3d. Define play and provide **three (3)** examples of active play as applied PEMD. (3 marks)

4a. Mention **five (5)** social situations where gesture can be deprived or denied. (5 marks)

4b. Define strain and provide **two (2)** causes of acute strain. (3 marks)

4c. List and explain **four (4)** ways/means of arresting bleeding/haemorrhage (8 marks)

4d. Mention **four (4)** ways in which human beings differ as a result of their uniqueness. (4 marks)

5a. List **five (5)** physical activities that will be appropriate in lesson delivery in the kindergarten class. (5 Marks)

5b. As a first aider, explain with examples, **four (4)** principles that ^{can be used to} will to provide assistance to a person who has suddenly fallen ill. (8 marks)

5c. What is cardiopulmonary resuscitation (CPR)? (2 marks)

5d. List and explain **five (5)** elements of music. (5 marks)

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