Final Examination
Second Semester 2008/2009 Session

<table>
<thead>
<tr>
<th>Code/Course</th>
<th>GDE3113 Health and Fitness Education for Primary School</th>
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<tbody>
<tr>
<td>Date</td>
<td>4th May 2009 (Monday)</td>
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<tr>
<td>Time</td>
<td>8.30 A.M. – 11.00 A.M. (2½ Hours)</td>
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<td>Venue</td>
<td>DSB K.T / WD</td>
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Instructions:
1. This answer paper contains TWO (2) sections in THREE (3) printed pages.
2. Answer all questions. 
3. Show your working clearly.
SECTION A (60 marks)

INSTRUCTION:
Answer ALL questions.

1 (a) What is optimal health? (2 marks)

(b) List FIVE (5) benefits of achieving optimal health. (5 marks)

(c) State the dimensions of optimal health. (5 marks)

2 Identify FIVE (5) benefits to acquire high level of fitness. (5 marks)

3 (a) List the physical fitness components. (2 marks)

(b) Categorise all aspects of the physical fitness components. (8 marks)

4 (a) Why do we do stretching? (3 marks)

(b) Describe FOUR (4) basic stretching techniques that can be done actively or passively. (8 marks)

5 (a) Describe Fartlek Training. (5 marks)

(b) Identify the advantages and disadvantages of Fartlek Training. (5 marks)

(c) How do we apply Fartlek Training to primary school students in various interesting ways? (5 marks)
6. Determine the guidelines for 'warm-up' and 'cooling-down' before we do exercises. 

(5 marks)

7. How do we improve our muscular strength and muscular endurance? 

(2 marks)
SECTION B (40 marks)

INSTRUCTION:
Answer ALL questions.

1. a) Describe Circuit Training and explain the objectives, procedures and duration/counts for each station.
   (10 marks)

   b) Plan a Circuit Training Program for six (6) stations. Illustrate with diagrams.
   (10 marks)

2. Discuss the major factors that influence health. Provide examples for each factor.
   (20 marks)

END OF EXAM PAPER