FINAL EXAM
SECOND SEMESTER 2009/2010 SESSION

COURSE CODE / NAME: SGDE3113 HEALTH AND FITNESS EDUCATION FOR PRIMARY SCHOOL
DATE: 23rd APRIL 2010 (FRIDAY)
TIME: 9.00 – 11.30 AM (2 1/2 HOURS)
VENUE: DTSO

INSTRUCTION:

1. This exam paper contains TWO (2) sections in THREE (3) printed pages, excluding the cover page.
2. Section A contains SEVEN (7) structured questions. Section B contains THREE (3) essay questions.
3. Answer ALL QUESTIONS on the answer book provided.
4. You are NOT ALLOWED to remove the exam paper from the examination hall.

MATRIC NO: ____________________________ (with word) ____________________________ (with number)

IDENTIFICATION CARD NO: ____________ ____________ ____________ ____________ ____________

LECTURER: EN. MOHD ROSLI BIN A. RAHMAN

GROUP: A TABLE NO: ____________

DO NOT OPEN THIS EXAMINATION PAPER UNTIL INSTRUCTED

CONFIDENTIAL
SECTION A (40 marks)

INSTRUCTION:
Answer ALL questions.

1  (a) State the definition of health according to World Health Organization?  
   (2 marks)

   (b) List FIVE (5) concepts about Health Education in Malaysian schools.  
   (5 marks)

2  State the physical fitness categories and their relevant components.  
   (5 marks)

3  List FIVE (5) benefits for us to acquire high level of fitness.  
   (5 marks)

4  Explain the terms given below and give ONE (1) example of activity for each term.  
   (a) Aerobic Exercise  
   (3 marks)

   (b) Anaerobic Exercise  
   (3 marks)

5  List the guidelines for ‘warm-up’ and ‘cooling-down’.  
   (5 marks)
6 State **FIVE (5)** advantages of 'warming-up'.

   (5 marks)

7 (a) What is 'stretching'?

   (2 marks)

(b) List the **FIVE (5)** types of stretching which are normally done in the 'warm-up' and 'cool-down' routines.

   (5 marks)
SECTION B (60 marks)

INSTRUCTION:
Answer ALL questions.

1  (a) Briefly describe what is Circuit Training.  (5 marks)
   (b) Explain the objective and procedures for each station in the Circuit Training.  (5 marks)
   (c) Plan a Circuit Training Program for 6 stations. Use diagrams wherever necessary.  (10 marks)

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

3  (a) What is Fartlek Training and how we can apply it to primary school students in various interesting ways.  (10 marks)
   (b) Briefly explain the advantages and disadvantages of Fartlek Training.  (10 marks)

END OF EXAM PAPER