

# Uganda Martyrs University



## FACULTY OF EDUCATION SEMESTER ONE EXAMINATIONS 2022/23 DIPLOMA IN EDUCATION (PRIMARY) YEAR ONE PHYSICAL EDUCATION

PAPER 1: HISTORY; ORGANISATION & ADMINISTRATION OF PHYSICAL  
EDUCATION & SPORT

DATE: 12/01/2023

3hrs

Time: 9:30 am - 12:30 pm

### Instructions:

- Read the instructions on the answer booklet carefully.
- Attempt **FOUR** questions; choosing **at least one question from each section**
- Start each question on a fresh page in the answer booklet provided.
- Clearly indicate the section and question number you attempt.
- Write your essays clearly, using illustrations in pencil where applicable.
- Do not write on this question paper

### SECTION A: THE HISTORY OF PHYSICAL EDUCATION AND SPORTS

1. a) Physical Education played an important role in Ancient Greek culture and civilization. Differentiate between Physical Education in Athens and Sparta. **(12 marks)**  
b) How is Physical Education in ancient Greece a model to Physical Education and Sports in Uganda today? **(13 marks)**
2. a) How did the missionaries contribute to the development of Physical Education and Sports in Uganda? **(13 marks)**  
b) Explain the roles of traditional physical activities and sports to the indigenous tribes in Uganda. **(12 marks)**
3. a) Identify challenges that are hindering the effective teaching of physical Education and Sports in Primary schools today. **(13 marks)**  
b) What strategies can be employed to overcome the challenges you have identified in 3(a) above? **(12 marks)**

### SECTION B: ORGANISATION OF PHYSICAL EDUCATION AND SPORTS

4. a) Define the term competition as used in games and sports. **(3 marks)**  
b) Why is it necessary for a PE and sports teacher to organize a Physical Education and Sports competition in a school? **(10 marks)**  
c) As a Games and Sports teacher, clearly outline the steps you would take to organize a sports day in your school. **(12 marks)**
5. a) Differentiate between intramurals and extramurals. **(5 marks)**

- b) Explain the purpose of intramural sports programmes. **(10 marks)**
- C) Identify some of the roles of a games and Sports teacher during an intramural sports programme. **(10 marks)**
6. a) Clearly explain the types of tournaments below; **(4 marks each)**
- i) The Round Robin
  - ii) The knock out or elimination
  - iii) The challenge
- b) Explain six advantages of the league tournament over elimination tournament. **(13 marks)**

### **SECTION C: ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS**

7. a) What are some of the qualities expected of a good Games and Sports administrator?**(13 marks)**
- b) As a Games and Sports teacher, explain how you can maintain public relations with the community in which you teach. **(12 marks)**
8. a) How is proper planning important in Physical Education and Sports?**(13 marks)**
- b) As a Games and Sports teacher, what are the likely problems you may face when you delegate your duties? **(12 marks)**

**END**