



UNIVERSITY OF GHANA

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DEPARTMENT OF TEACHER EDUCATION
SCHOOL OF EDUCATION AND LEADERSHIP

**END OF YEAR ONE SEMESTER TWO EXAMINATION, 2022/2023
B.ED. PROGRAMME**

COURSE CODE: UGTE 106

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

Instruction: Answer all questions in Section A and any three questions in Section B

Time: 2 hours

SECTION A

[25 MARKS]

Answer **all** questions in this section.

1. After the general warm up, Jordan was seen stretching by bending, turning, twisting, and other parts of the body. Jordan is to be engaging in movement.
 - A. Locomotor
 - B. Non-locomotor
 - C. Manipulative
 - D. Non-Manipulative
2. Which of the following can be used to test for muscular strength?
 - A. Dynamometer
 - B. Flexometer
 - C. Sphygmomanometer
 - D. Stadiometer
3. The speed of beat in music is termed as.....
 - A. Rhythm
 - B. Duration
 - C. Form

- D. Tempo
4. Which of the following activities will you recommend for an athlete to measure his/her flexibility at the lower back?
- Pull ups
 - Push ups
 - Sit and reach.
 - Sit ups.
5. If you find a collapsed victim, what is the first thing you should do? A. Check for breathing.
B. Check the area for any potential hazards.
C. Give CPR immediately.
D. Call an emergency ambulance service.
6. Performance or skill-related components of fitness have the following examples
- Agility, balance, coordination, power, reaction time, and speed
 - Agility, balance, coordination, muscular endurance, flexibility and body composition
 - Cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition
 - Cardiovascular endurance, muscular strength, power, reaction time, and speed
7. Dede engages in activities to prevent injury and prepare the body for strenuous task ahead. Dede is said to be
A. Cooling down
B. Warming down
C. Warming up
D. Working out
8. The most common drive that connects physical education, music and dance as one discipline is
A. cognitive development
B. emotional development
C. health fitness
D. physical movement
9. The traditional songs of the native people are called _____
A. artistic songs
B. cultural songs
C. historical songs
D. indigenous songs

10. The distinctiveness of Adjoa with her classmates can be described as
A. Ideal self
B. Self-awareness
C. Self-concept
D. Uniqueness
11. Kofi has just started kindergarten. He told his father that he is the shortest in class. He has developed _____
A. Body awareness
B. Movement awareness
C. Relationship awareness
D. Space awareness
12. The ability of a bɔbɔɔbɔ dancer to change direction upon hearing the master drum best describes the dancers'
A. agility
B. balance
C. coordination
D. reflexes
13. Eunice was very instrumental when it came to playing of the Atsimewu drum. Which dance performance did Eunice show her drumming prowess?
A. Adowa
B. Agbadza
C. Bamaya
D. Borborbor
14. The traditional songs of the native people are called
A. Artistic song
B. Cultural song
C. Historical song
D. Indigenous song
15. Kojo Antwi is well known for his and style of composition.
A. highlife and raggae
B. hip-life and afro pop
C. jazz and calypso
D. rap and raggae
16. What is the recommended PA level for Adults (18-64 years)

- A. 150 minutes of moderate-intensity aerobic physical activity throughout the week
 - B. 75 minutes of moderate-intensity aerobic physical activity throughout the week
 - C. 300 minutes of moderate-intensity aerobic physical activity throughout the week
 - D. 200 minutes of moderate-intensity aerobic physical activity throughout the week
17. Timbre, as an element of music, is also known as.....
- A. sound effect
 - B. high pitch
 - C. low pitch
 - D. tone color
18. Which of the following elements of music can best sustain pupils or audience concentration throughout a lesson or performance?
- A. dynamics
 - B. harmony
 - C. melody
 - D. physiological development tempo
19. Muscular endurance deals with how strong a muscle can be.
- A. False
 - B. True
20. Gestures are used in Drama as a means of
- A. Body movement
 - B. Rituals
 - C. Communication
 - D. Balance
21. Which of the following is the most common drive that connects Physical Education and Music and Dance as a discipline?
- A. Cognitive development
 - B. Emotional development
 - C. Health fitness
 - D. Physical movement
22. A person who sings solo verses or passages to which the choir or performers respond known as
- A. Cantor
 - B. Lyricist
 - C. Soloist
 - D. Vocalist

23. The body is the most important element in dance performance _____
A. TRUE
B. FALSE
24. Physical Fitness has 5 major components _____
A. TRUE
B. FALSE
25. Music is an easy way for children to recall concepts in learning other disciplines _____
A. TURE
B. FALSE

SECTION B

Answer any THREE (3) question from this section.

1. i. State any TWO (2) instances that will require Cardiopulmonary Resuscitation (CPR).
ii. Describe the steps you will follow in performing a CPR to a patient [24 marks]

2. i. Explain what is meant barrier.
ii. Explain FOUR (4) barriers to participation of PEMD in basic school in Ghana. [20mks]

3. Discuss any FIVE (5) element observable in Borborbor Dance in PEMD [25marks]
4. a) Explain the concept of self-awareness [2 marks]
b) State the types of self-awareness [3 marks]
c) Discuss four ways self-awareness can impact the life of SHS students [20 marks]