



UNIVERSITY OF GHANA

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DEPARTMENT OF TEACHER EDUCATION

SCHOOL OF EDUCATION AND LEADERSHIP

COLLEGES OF EDUCATION

END OF SECOND SEMESTER EXAM 2023/2024

COURSE CODE: UGTE 106

COURSE TITLE: INTERSECTION OF PHYSICAL EDUCATION 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 the questions in this section.

1. The distinctiveness of Adjoa with her classmates can be described as
 - A. Ideal self
 - B. Self-awareness
 - C. Self-concept
 - D. Uniqueness

2. The third transitional period of a person's life is
 - A. Birth
 - B. Death
 - C. Marriage
 - D. Puberty

3. The ability of a **bobooboo** dancer to change direction upon hearing the master drum best describes the dancers'
 - A. agility
 - B. balance
 - C. coordination
 - D. reflexes

4. After the general warmup, Jordan was seen stretching by bending, turning, twisting other parts of the body. Jordan is to be engaging in movement.
 - A. Locomotor
 - B. Non-locomotor
 - C. Manipulative
 - D. Non-Manipulative
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
 - A. Agility, balance, coordination, power, reaction time, and speed
 - B. Agility, balance, coordination, muscular endurance, flexibility and body composition
 - C. Cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition
 - D. 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. Music sung to reflect the Socioeconomic life of the rural folk in Ghana is referred to as songs.
 - A. Economic
 - B. Labour
 - C. Nature
 - D. Work
9. The Master drum among the Instrumental set-up of the Bøbøbø Ensemble is known as ...
 - A. Asvui
 - B. Pati
 - C. Vuga
 - D. Vuvi
10. A woman weighs 80 kilograms and has a height of 173cm. What is her BMI measurement?
 - A. 26.7
 - B. 26.9
 - C. 27.4
 - D. 27.9

11. Which one of the following dances is similar in performance practice to the kpanlogo Ensemble?
A. Baba
B. Gome
C. Kundum
D. Nagla
12. All the following are benefits of warming up EXCEPT
A. Elasticity of muscle is enhanced.
B. Heart rate increases.
C. Respiration increases.
D. Rest state of heart eases.
13. In an attempt to go over the hurdle flight, Ama jumps off from one foot and lands on the same foot. Ama is said to be
A. Hoping
B. Leaping
C. Running
D. Stepping
14. Asiwui, wuvi and wuga (drums) are all instruments used in the performance of
A. Adowa
B. Agbadza
C. Bamaya
D. Borborbor
15. 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
16. The traditional songs of the native people are called
A. Artistic song
B. Cultural song
C. Historical song
D. Indigenous song
17. 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

18. 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
19. Which of the following pulse is considered as normal?
A. 72 bpm
B. 60 - 100 bpm
C. 81 - 120 bpm
D. 120 - 180 bpm
20. 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
21. Muscular endurance deals with how strong a muscle can be.
A. False
B. True
22. CPR can be performed effectively on a soft bed.
A. False
B. True
23. The body is the most important element in dance performance.
A. False
B. True
24. Physical Fitness has 5 major components.
A. False
B. True
25. Music is an easy way for children to recall concepts in learning other disciplines.
A. False
B. True

SECTION B

Answer any THREE (3) questions from this section.

1. i. State any TWO (2) instances that will require CPR 1 mark
ii. Describe the steps you would follow in performing a CPR on a patient. 24 marks
2. Explain **Five (5)** challenges of PEMD in basic school in Ghana. 25marks
3. Identify and explain **five (5)** important components of Health-Related Physical Fitness to improve performance in activities 25 mark
4. Explain briefly the following terms as used in Music and Dance.
 - i. Movement
 - ii. Gestures
 - iii. Space
 - iv. Costume
 - v. Balance25marks.
5. Discuss any Five (5) elements observable in Borborbor Dance in PEMD 25marks.