



SSA EXAMINATION

PROGRAMME : HUMAN MOVEMENT STUDIES

MODULE NAME : PHYSICAL EDUCATION 1 FET

MODULE CODE : HMSE 0B1

DATE :

DURATION : 180 minutes

TOTAL MARKS : 100

EXAMINER : MISS H MORRIS - EYTON

MODERATOR : PROF CJ ROUX

NUMBER OF PAGES : THIS PAPER CONSISTS OF TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

SECTION A TO BE WRITTEN IN A SEPARATE BOOK TO SECTION B

ANSWER ALL THE QUESTIONS.

SECTION 1

[25]

QUESTION 1

(15)

Explain the important role Physical Education plays in the health and well-being of the citizens of this country.

QUESTION 2

(10)

Explain the purpose of the LTAD model.

QUESTION 3

What are fundamental movement skills and why is the development of these to a mature skill level so important?

SECTION 2

[75]

Coaching administration

QUESTION 4

(10)

You are the secretary of the basketball club at your school. List the requirements of the minutes of a meeting.

QUESTION 5

(15)

Name the portfolios a committee should comprise of and refer to their roles they should fulfill.

QUESTION 6

(20)

Construct a Round Robin Tournament for the U/18 football teams in your town. Seven teams will participate. Also refer to the following:

5.1 How many rounds will be played? (show formula)

5.2 How many matches will be played per round? (show formula)

Learners' safety

QUESTION 7

(30)

Explain in detail how you will create a positive learning environment at your school.