## WOMEN'S UNIVERSITY IN AFRICA



Addressing gender disparity and fostering equity in University Education

#### FACULTY OF SOCIAL AND GENDER TRANSFORMATIVE SCIENCES

# DIPLOMA IN EDUCATION SPECIALISING IN EARLY CHILDHOOD DEVELOPMENT

#### **MAIN PAPER**

DECD 324: MAIN SUBJECT – PHYSICAL EDUCATION AND SPORT

INTAKE 5: THIRD YEAR SECOND SEMESTER

TIME: 2 HOURS

#### INSTRUCTIONS TO CANDIDATES

- 1. Answer any **two** questions.
- 2. All questions carry equal marks.

#### **Question 1**

Analyse the misconceptions about PE as they relate to modern day Physical Education and Sport practices.

#### **Question 2**

Discuss Newton's 3 Laws of Motion emphasising on sport related performance.

#### **Question 3**

Explore the major fitness components highlighting the health related and skill related fitness.

### **Question 4**

Assess the impact of the Greek's civilisation to the modern-day Physical Education and Sport programs.

#### **Question 5**

Evaluate the influence of the New Curriculum in strengthening the place of Physical Education and Sport in the society.

**END**