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GROUP A
Candidate's Index Number
BBCE/PRI/18/0052
Signature: *[Signature]*

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION
SECOND YEAR, FIRST SEMESTER MID SEMESTER QUIZ, JANUARY 2020

JANUARY 21, 2020 HEALTH AND PHYSICAL FITNESS 8:00 AM – 8:30 AM

Answer all the questions on the question paper.

For items 1 – 15, each stem is followed by four options lettered A- D. Read each statement carefully and circle the letter that bears the correct answer.

If a person goes through a busy day activities and still have energy to deal with emergency he/she is described as.....

- A. a fitness expert.
- B. a health expert.
- C. physically fit.
- D. physically strong.

A person's ability to positively interact with others and form good relationship is described as.....

- A. emotionally wellness.
- B. friendly.
- C. psychologically wellness.
- D. socially wellness.

Which of the following is **not** a factor that influences health-related fitness?

- A. Body fat.
- B. Coordination.
- C. Exercise.
- D. Nutrition.

Which of the following is **not** related to motor skill related fitness?

- A. Agility.
- B. Body composition.
- C. Flexibility.
- D. Speed.

The illness-wellness continuum suggests that greater health and well-being can be through

- A. awareness, education and growth.
- B. awareness, growth and signs.
- C. education, signs and growth.
- D. signs, growth and awareness.

The ability of a person to retain learnt information and make use of it is an indicator of

- A. emotional wellness.
- B. intellectual wellness.
- C. social wellness.
- D. spiritual wellness.

Expressing of anger appropriately or inappropriately is an indication of

- A. emotional wellness.
- B. intellectual wellness.
- C. spiritual wellness.
- D. social wellness.

The amount of force a muscle can exert in a short time is called

- A. cardio-respiratory endurance.
- B. flexibility.
- C. muscular endurance.
- D. muscular strength.

Being able to do 100 sit ups is an example of

- A. flexibility.
- B. muscular endurance.
- C. muscular strength.
- D. physical fitness.

The sit and reach is an example of

- A. body composition.
- B. endurance.
- C. flexibility.
- D. strength.

The ratio of body fat to lean body tissue, including muscle, bone, water and connective tissue such as ligaments cartilage and tendons describes

- A. body composition.
- B. body mass.
- C. cardio-respiratory health.
- D. muscular strength.

04

Candidate's Index Number: <i>Abeka</i>
Signature: <i>Abeka</i>

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
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COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION (B.ED)
SECOND YEAR, END-OF-FIRST SEMESTER EXAMINATION, FEBRUARY, 2020

FEBRUARY 11, 2020 HEALTH AND PHYSICAL FITNESS 9:40 AM – 11:00 AM

SECTION B

Answer any TWO questions from this Section.

1.
 - a. Identify **three (3)** alcohol related problems associated with each of the following components of an individual. (12 marks)
 - i. Health.
 - ii. Social.
 - b. Explain **four (4)** factors that influence the consumption of alcohol. (12 marks)
 - c. List **three (3)** ways to minimize alcohol consumption among the youth. (6 marks)

2.
 - a. Explain **five (5)** effects of tobacco use on the health of the youths. (20 marks)
 - b. Explain the following factors that affect growth in wellness. (10 marks)
 - i. Awareness
 - ii. Assessment
 - iii. Knowledge
 - iv. Support
 - v. Motivation

3.
 - a. Explain **six (6)** Physiological and Psychological benefits of Physical Fitness. (18 marks)
 - b. List **six (6)** factors that influence individual's heart rate. (12 marks)

4.
 - a. Explain **six (6)** dimensions of wellness. (18 marks)
 - b. List **six (6)** risk factors of cardiovascular diseases that can be controlled. (12 marks)