



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

SCHOOL OF EDUCATION

UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION

(SNE) WITH IT

3RD YEAR 2ND SEMESTER 2016/2017 ACADEMIC YEAR

MAIN CAMPUS REGULAR

COURSE CODE: ESE 306

COURSE TITLE: ADAPTED PHYSICAL EDUCATION FOR THE HANDICAPPED-

EXAM VENUE:

STREAM: (BED SNE)

DATE:

EXAM SESSION:

TIME: 2 HOURS

Instructions:

- 1. Answer Question ONE (COMPULSORY) and ANY other 2 questions**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

Q1a). Explain the following and how they are applicable to adapted physical education.

- i) Flexibility
- ii) Strength
- iii) Cardiovascular
- iv) Agility

(10marks)

b) What could you consider to be the physical benefits of adapted physical education to learners with Special Needs and disabilities? (10marks)

c). Explain the therapeutic roles of adapted physical education to learners with disabilities.

(10marks)

Q 2.i) Explain the importance of warm up in games and sports. (10marks)

ii) Identify and explain the exercises to include in a lesson when teaching a skill of serving in volley ball. (10marks)

Q 3. Using the game of hockey, explain how you can adapt rules of the game (20marks)

Q4. Explain how you can ensure safety in a swimming lesson for learners with disabilities. (20marks)

5a) Prepare a two weeks scheme of work for adapted physical education in one of the secondary school classes. (10marks)

b). Using the scheme of work above, prepare a lesson plan to teach for one lesson. (10marks)