

BOARD FOR THE FINAL EXAMINATION OF
STUDENTS IN YORKSHIRE TRAINING COLLEGES

FINAL EXAMINATION, 1937.

THEORY OF PHYSICAL EDUCATION II.

THURSDAY, *June 24th.* 9.30—12.30.

Carnegie Physical Training Colleges.

[Answer **two** questions in Section A, **two** in Section B,
and **one** in Section C.]

SECTION A.

1. In what ways do you consider that the "White Paper" and the "Physical Training and Recreation Bill of 1937" will help in the development of educational and recreative physical training in this country?

2. Outline a scheme of practical and theoretical instruction for a course for Leaders who are concerned with voluntary recreative physical training for youths and men. The course is to consist of ten lessons, each of $1\frac{1}{2}$ hours' duration and the class is to be held on one evening each week. It should be assumed that the equipment available is limited.

3. What are the difficulties which an Organiser of Physical Training is likely to encounter in connection with the organisation of games for boys attending the Senior Schools of his area? Indicate how the Organiser might attempt to overcome these difficulties.

SECTION B.

4. Outline and discuss in relation to one another the following Play Theories:

- (a) Surplus Energy Theory.
- (b) Recapitulation Theory.
- (c) Structure-Function-Experience Theory.

[Turn over

5. Choosing **either** Association Football **or** Hockey, show with the aid of diagrams:

- (a) An attacking movement.
- (b) A defensive movement.
- (c) The position of players at a corner kick, or short corner.
- (d) Five of the most common faults in Junior football or hockey.

6. "The best way to learn a game is to play it." Discuss this statement with reference to Rugby **or** Association Football.

7. "In view of the present drive in physical education, swimming instruction should form part of a well-balanced scheme." Discuss this statement and also describe the Front Crawl Stroke as laid down by the A.S.A.

SECTION C.

8. What value do you consider "Sports-gymnastics" have in a scheme of athletic training for Secondary School boys?

9. Outline a scheme of training for **either** putting the shot **or** pole vaulting.

running
kicking
heading
trapping
dribbling
passing
throwing