



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

P.O. Box 972-60200 - Meru-Kenya.
Tel: +254(0) 799 529 958, +254(0) 799 529 959, +254 (0)712 524 293
Website: www.must.ac.ke Email: info@mucst.ac.ke

UNIVERSITY EXAMINATIONS 2023/2024

THIRD YEAR, SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF EDUCATION ARTS (P.E)

EPH 3351: SPORTS PEDAGOGY AND MANAGEMENT

DATE: APRIL 2024

TIME: 2 HOURS

INSTRUCTIONS: Answer Question ONE and any other TWO questions.

QUESTION ONE (30 MARKS)

a) Explain the following as used in Sports Pedagogy

- i. Expository Teaching Method (2 Marks)
- ii. Heuristic Teaching Methods (2 Marks)
- iii. Differentiated learning (2 Marks)
- iv. Learning outcomes (2 Marks)
- v. Discovery method of teaching (2 Marks)

b) Explain the effects of the following methods in the teaching of P.E and Sports

- i. Direct Instructional Methods (4 Marks)
- ii. Indirect Instructional Methods (4 Marks)

c) Discuss the following;

- i. Social Learning theory and its role in teaching Physical Education and Sports (6 Marks)
- ii. The effectiveness of skill demonstration in the teaching of P.E and Sports (6 Marks)



MUST is ISO 9001:2015 and



ISO/IEC 27001:2013 CERTIFIED

QUESTION TWO (20 MARKS)

- a) Distinguish between Intra and Extra Mural sports programs in Secondary Schools (12 Marks)
- b) Explain the factors that should be considered when organizing intra mural competitions in a school set up (8 Marks)

QUESTION THREE (20 MARKS)

- a) Discuss the three common domains in learning (6 Marks)
- b) Explain how Bloom's Taxonomy of Education Objectives guide the learning domains in instructional delivery in Physical Education (14 Marks)

QUESTION FOUR (20 MARKS)

- a) Explain the role of a training program in sports (6 Marks)
- b) Discuss three (3) training methods in sports (9 Marks)
- c) Discuss the components of a training program for an athlete in Shot Put (5 Marks)

QUESTION FIVE (20 MARKS)

- a) Explain the concept of safety as used in the teaching of Physical Education and Sports (8 Marks)
- b) Discuss the safety precautions that you would consider when organizing a Sports Tournament (12 Marks)

