



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
FACULTY OF EDUCATION
DEPARTMENT OF HUMAN KINETICS & HEALTH EDUCATION
2025_2 EXAMINATIONS

COURSE CODE: KHE 337

COURSE TITLE: CURRICULUM STUDIES IN PHE

COURSE UNITS: 2C

TIME: 2HOURS

Instruction: Answer question one (1) and any other two.

1. a. Explain the five (5) common divisions of motor abilities. (10 Marks)
- b. Analyze the principles of frequency, intensity, and time in motor learning. (10 Marks)
- c. Discuss the state of physical education after independence. (10 Marks)

2. Explain with relevant examples two (2) teaching styles you know. (20 Marks)

3. Explain briefly with relevant examples the model of motor learning. (20 Marks)

4. Enumerate four (4) things a teacher has to consider for appropriate use in order for a lesson to be structured and professional. (20 Marks)

5. Explain evaluation as a fundamental element of the educational process with relevant examples. (20 Marks)