



UNM
UNIVERSITAS NEGERI MAKASSAR

List of

Course Examination

**HEALTH AND SPORT SCIENCE STUDY PROGRAM
UNIVERSITAS NEGERI MAKASSAR**

LIST OF COURSE EXAMINATION
Health and Sport Science Study Program

1. HUMAN ANATOMY

Final Examination 2022/2023

Course : Human Anatomy (3 CSU)

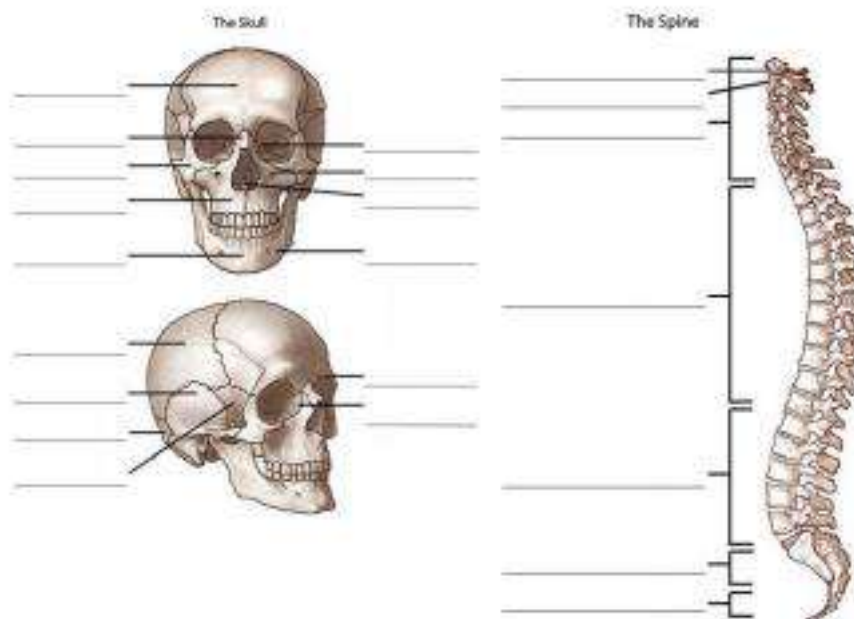
Day / Date : Monday / 5th Dec 2022

Time : 90 minutes

Class : IKOR 202

Lecture : **Dr. Arimbi**

1. Name the bones of the axial skeleton in the diagrams below.



2. Name the three muscle tendons that cross the tibial collateral ligament!

3. Name the major ligaments of the knee joint that guides the joint through its normal range of motion. Hint: I am looking for 6 ligaments, not menisci.

4. Why Elastic arteries and the storing energy thing??

5. Explain the relationship between the tight junctions and intercellular clefts! 6. How do you know the anterior cruciate is torn during a physical exam?

2. EXERCISE BIOCHEMISTRY

Final Examination 2022/2023

Course : Exercise Biochemistry (3 CSU)
Day / Date : Wednesday / 12th July 2023
Time : 90 minutes
Class : IKOR 2022
Lecture : Darul Husnul, S.Or., M.Kes

1. Provide an overview of the interconnections between carbohydrate, fat, and amino acid metabolism during exercise. Discuss the coordination of these metabolic pathways to meet the energy demands of different exercise intensities and durations, considering the physiological adaptations that occur in response to training.
2. Compare and contrast the metabolism of carbohydrates and fats during exercise. Discuss the utilization of glucose, glycogen, and fatty acids as energy sources, considering their efficiency, storage, and availability during different exercise intensities.
3. Compare and contrast the different energy systems involved in exercise, including the ATP-PCr system, glycolysis, and oxidative phosphorylation.
4. Explore glycogen metabolism, including glycogen synthesis (glycogenesis) and glycogen breakdown (glycogenolysis).
5. Compare the metabolism of fat and carbohydrates during exercise, considering their contribution to energy production, efficiency, and metabolic adaptations.
6. Investigate the concept of free energy and its role in bioenergetics. Explain the laws of thermodynamics and their relevance to energy transformations in living organisms. Provide a diagram illustrating the concept of free energy change.
7. Explore the energy-rich phosphates, including ATP and creatine phosphate, as major energy sources in muscle contraction. Discuss their synthesis and breakdown during exercise. Include a diagram illustrating the ATP-PCr energy system.
8. Examine the role of nutrition in optimizing metabolism during exercise. Discuss the importance of macronutrients, such as carbohydrates, proteins, and fats, in providing energy for physical activity. Include a diagram illustrating the metabolic pathways for different macronutrients.
9. Analyze the metabolism of amino acids during exercise. Explain the degradation of amino acids, the urea cycle, and the fate of amino acid carbon skeletons. Discuss the role of amino acid metabolism in providing energy during exercise. Include a diagram illustrating the urea cycle.

10. Examine the metabolism of carbohydrates during exercise. Discuss the cellular uptake of glucose, the phosphorylation of glucose, and its subsequent metabolism through glycolysis. Provide a diagram illustrating the glycolytic pathway.

3. HISTORY AND PHILOSOPHY OF SPORT

Final Examination 2022/2023

Name :

Student Number :

1. Examine the evolution of sports during the medieval and Renaissance periods, considering changes in rules, equipment, and societal attitudes.
2. Analyze different philosophical perspectives on competition in sports. Consider the role of competition in personal development and societal values.
3. Explore how historical events in the world of sports have shaped or been shaped by philosophical ideas. For example, how did the Olympic Games evolve, and what philosophical concepts influenced these changes?
4. Compare the historical development and philosophical underpinnings of two different sports or sporting events?
5. Critically analyze a philosophical argument related to sports, considering its strengths, weaknesses, and implications.

4. PHYSICAL FITNESS AND HEALTH

Final Examination 2022/2023

Course : Physical Fitness and Health (3 CSU)

Day / Date : Tuesday / 11th July 2023

Time : 90 minutes

Class : IKOR 2022

Lecture : Etno Setyagraha, S.Or., M.Or.

1. How are the concepts of wellness, fitness, and healthy lifestyle management interrelated and affect a person's quality of life?
2. Explain the basic principles of physical fitness and give examples of how they can be applied in everyday life.
3. How can you increase heart and lung endurance through proper physical exercise? Explain why cardiorespiratory endurance is important for overall health.
4. What is the difference between muscle strength and endurance? How can you improve both through phy
5. sical exercise and why is this important for overall muscle and body health?
6. Why is body flexibility and lower back health important for physical health and injury prevention? Give examples of exercises to improve flexibility and maintain lower back health.

5. PERFORMANCE ANALYSIS OF GYMNASTIC

Final Examination 2022/2023

1. Describe the gymnast's maximal oxygen uptake and comment on its importance to gymnastic performance!
2. Explain the physiological and training concepts affecting lactic threshold delay in gymnasts!
3. Analysis of the evolution of the VO₂ max of gymnasts throughout the last few decades and relate it to the evolution of the sport!
4. Describe a few methods and techniques used to estimate and/or to measure the energy cost of male and female gymnastic exercises/routines!
5. Explain the energetic cost of gymnastics exercises using relevant data and illustrations!
6. Analysis of the peak power output of gymnasts as assessed by standardized tests!
7. When a gymnast performs a giant swing, the distance from his hands to his feet is approximately 2.1 meters. If he is swinging at 270 degrees per second at the bottom of the swing, how fast are his feet going – linearly?
8. When a figure skater brings her arms close to her body's vertical axis during a spine, he/ she spins faster. Explain why does this happen?
9. If a gymnast has a vertical jump of 0.25 m, what was the vertical velocity at takeoff?
10. Describe a few methods and techniques used to estimate and/or measure the energy cost of male and female gymnastic exercises/routines!

6. PERFORMANCE ANALYSIS OF ATHLETICS

Final Examination 2022/2023

Name :

Student Number :

Please add an asterisk to the appropriate box

1. Footbal

6. Tennis Court

2. Futsal

7. Table Tennis

3. Badminton

8. Squash

4. VolleyBall

9. Sepak Takraw

5. Basketball

10. HandBall

After selecting a sport :

1. Analyze the selected sporting event. Focus on the dominant physical components, and dominant power exercises.
2. Analyze the chosen sporting event, it should not be the same as the selection in number 1. Focus on their stroke strategy, movement on the court, and how they capitalize on their opponent's weaknesses in the match.

7. HUMAN PHYSIOLOGY

Final Examination 2022/2023

Course :
Day / Date :
Time :
Class : Ilmu Keolahragaan
Lecture :

1. Compare the mechanisms by which a rise in cytosolic calcium concentration initiates contractile activity in skeletal- and smooth-muscle fibers.
2. At what two sites would central nervous system injuries interfere with the perception of heat applied to the right side of the body? At what single site would a central nervous system injury interfere with the perception of heat applied to either side of the body
3. If a protein contains 100 amino acids, how many nucleotides will be present in the gene that codes for this protein?
4. Why does the Krebs cycle operate only under aerobic conditions even though molecular oxygen is not used in any of its reactions?
5. How will the deletion of a single base in a gene affect the protein synthesized?
6. Certain nerves to the heart release the neurotransmitter norepinephrine. If these nerves are removed in experimental animals, the heart becomes extremely sensitive to the administration of a drug that is an agonist of norepinephrine. Explain why, in terms of receptor physiology
7. A person has received a severe blow to the head but appears to be all right. Over the next weeks, however, he develops loss of appetite, thirst, and sexual capacity, but no loss in sensory or motor function. What part of the brain do you think may have been damaged
8. At what two sites would central nervous system injuries interfere with the perception of heat applied to the right side of the body? At what single site would a central nervous system injury interfere with the perception of heat applied to either side of the body?
9. Compare the mechanisms by which a rise in cytosolic calcium concentration initiates contractile activity in skeletal- and smooth-muscle fibers.
10. Describe the major anatomical and biochemical barriers to infection

8. DEVELOPMENTAL PSYCHOLOGY

Final Examination 2022/2023

Course : Developmental Psychology (3 CSU)

Day / Date : Monday / 5th June 2023

Time : 90 minutes

Class : IKOR 2023

Lecture : **Muhammad Rhesa, S.Psi., M.A.**

1. What is the influence of the developmental psychology of childhood, youth, and adulthood on the ability to exercise?
2. Explain the characteristics and principles of development and how do they affect the ability to exercise?
3. Give an analysis that can hinder perceptual development and physical development?
4. Give an explanation of the stages of cognitive development and their relationship to the athlete's profession!
5. Give an explanation of the stages of emotional development and their relationship during the athlete's profession!
6. Explain the stages of social development and their relationships when athletes join a new sports team!
7. Case analysis: An athlete has just joined a soccer team, but has difficulty adapting to the players on the team. If you pay attention to the period of its development, what aspects have the potential to cause these adaptation obstacles?

9. SPORT AND HEALTH ENTREPRENEURSHIP

Final Examination 2022/2023

Course :

Day / Date :

Time :

Class :

Lecture :

1. Analyze the strategic business plan of a successful sport and health entrepreneur. Identify key elements contributing to their success and critically assess how these elements align with current industry trends.
2. Propose an innovative solution to a common challenge faced by entrepreneurs in the sport and health industry. Justify your solution and outline the potential impact it could have on business sustainability and growth.
3. Explain a hypothetical ethical dilemma that an entrepreneur in the sport and health industry might face. Evaluate the potential consequences of different courses of action and recommend a course of action based on ethical principles.
4. Identify two emerging risks that could impact sport and health entrepreneurship in the next decade. Develop a strategic risk management plan that includes prevention, mitigation, and response strategies for each identified risk.
5. Explore the intersection of technology and sustainability in the context of sport and health entrepreneurship. Provide examples of how innovative technological solutions can contribute to both business growth and environmental or social responsibility.

10. PERFORMANCE ANALYSIS OF SWIMMING

Final Examination 2022/2023

1. What Makes an Efficient Freestyle Stroke?
2. What are some of the most popular swimming strokes and their respective benefits for swimmers?
3. Describe the process of backstroke swimming stages!
4. Why is the backstroke breathing technique easier than breaststroke swimming?
5. How to do leg kicks in breaststroke swimming effectively?
6. What is the breathing technique in backstroke swimming?
7. How can beginners get started with swimming and progress to more advanced techniques?
8. How does swimming impact cardiovascular fitness and overall heart health?
9. How does body positioning and alignment impact swimming efficiency and speed?
10. What are the trends in swimming training methods and coaching techniques that have emerged in recent years, and how do they impact athlete performance?
11. What are the key elements and techniques that swimmers must focus on to excel in the butterfly stroke?

11. HEALTH AND PHYSICAL ACTIVITY IN WOMEN AND ELDERLY

Final Exam 2022/2023

Course : Health and Physical Activity in Women and Elderly (2 CSU)

Day / Date : Monday / 5th Juny 2023

Time : 90 minutes

Class : IKOR 2023

Lecture : **Dr. Arimbi, S.Or, M.Pd.**

1. Explain the differences in male and female anatomy and physiology:
 - a. Before puberty
 - b. After puberty
2. Explain why physiological sex differences can affect integrative responses to exercise, both acute and chronic implications!
3. Explain why in effect of muscle metabolism in fat oxidation women are better than men!
4. Explain the hormonal differences between women and men, especially in relation to their involvement in sports!
5. Evaluate how physiological fluctuations that occur during premenstrual syndrome may affect a woman's level of exercise performance, and provide suggestions for coping. Describe the effect of contraception on sports performance in women!
6. Osteoporosis is a degenerative disease that mostly occurs in women, can exercise help prevent female athletes from developing osteoporosis in old age or can it increase the risk? Give your opinion based on facts and scientific theory!
7. In the past, women's involvement in sports was more of a target for the promotion and socialization of a sport which was often sexually exploited to attract attention in the media. Give your opinion about this phenomenon and how do you view women's involvement in sports today?
8. Provide your argument for how gender stereotypes can affect women's participation in sports and their progress in sports?
9. Consider cultural and religious aspects that can affect women's participation in sports. Provide your argument how these constraints can be overcome to create a more inclusive environment !

10. Outline the various factors that can affect the menstrual cycle, such as stress, physical activity and nutrition. Explain how these factors can be regulated to improve the reproductive health of female athletes !

12. SPORT KINESIOLOGY

Examination 2022/2023

1. How the body's balance mechanisms, movement coordination, and posture play a role in physical activity and rehabilitation. Give an example of how these three elements interact in a body movement.
2. How can the science of kinesiology be applied in the context of physical rehabilitation and exercise therapy to improve performance and physical recovery in individuals with sports injuries? Explain how this approach can help with optimal recovery.
3. Explain the role of movement coordination in various physical activities, such as team sports and individual sports. Give concrete examples of how movement coordination can affect an athlete's results and achievement.
4. What is the impact of excessive exercise on the musculoskeletal system and the potential for sports injuries? How effective injury prevention strategies are and how kinesiology can help in reducing the risk of such injuries.
5. Explain how exercises of different intensities and durations can affect increased muscle strength and endurance and how important exercise variety is in achieving optimal muscle adaptation and avoiding exercise plateau.

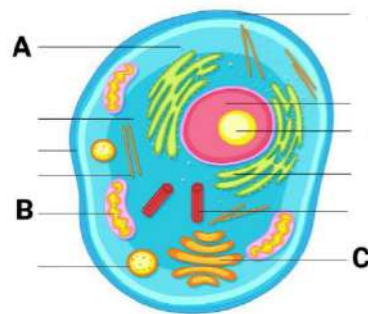
13. SPORT AND EXERCISE PHYSIOLOGY

Final Examination 2022/2023

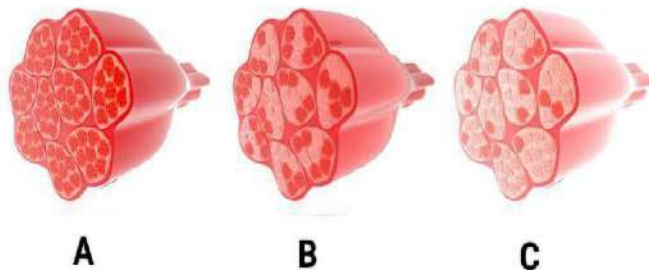
Course : Sport and Exercise Physiology (3 CSU)
Day / Date :
Time : 90 minutes
Class : IKOR 2021
Lecture : **Dr. Arimbi, S.Or, M.Pd.**

1. In the following marked pictures, namely; ribosomes, mitochondria and golgi bodies, name them accordingly! And which cell organelle plays a role in the synthesis of adenosine triphosphate?

Anatomy of an Animal Cell

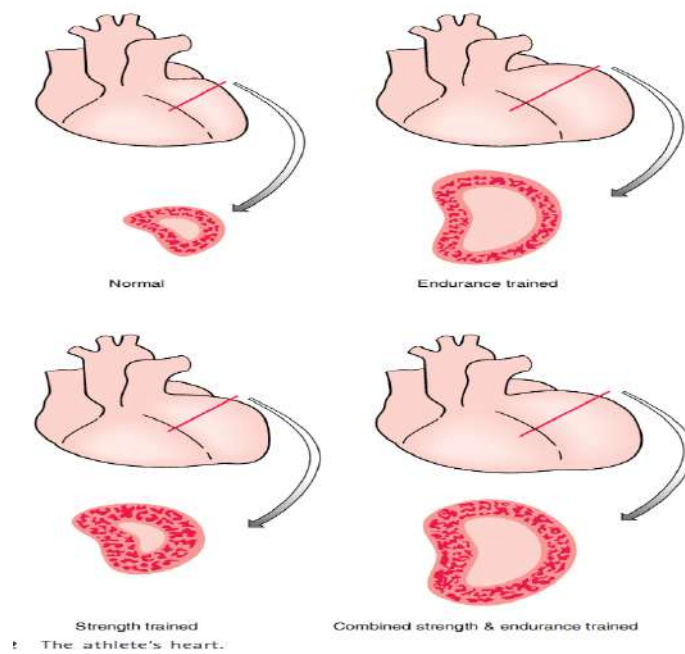


2. In the following picture of muscle fibers, the muscle fibers that should be dominant should be owned by a bodybuilding athlete, indicated by the image of the letter ?

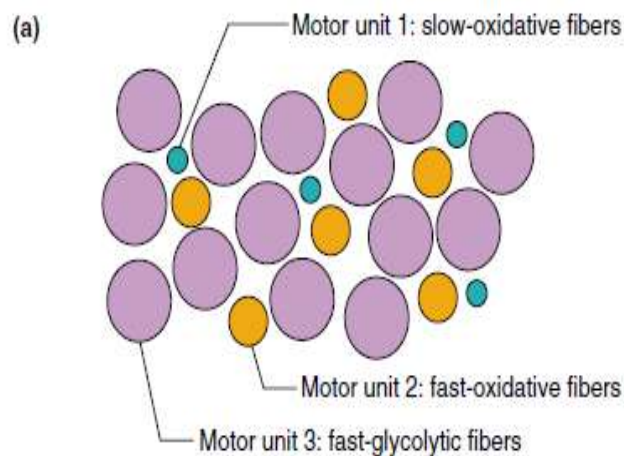


3. Mitochondria play a role in breaking down nutrients into bioenergy, as well as synthesizing nutrients for their own life. What nutrients do mitochondria use for their life?

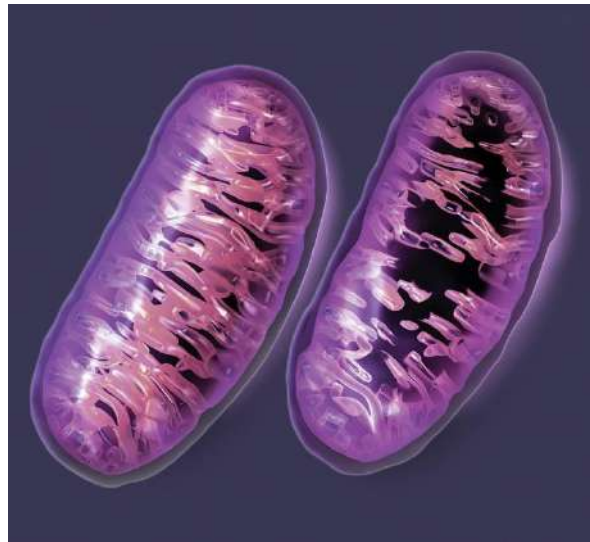
4. Describe each of the changes that occur in the heart as a result of the 3 types of exercise according to the following figure !



5. What are the elements that need to be analyzed to determine the pre-dominant energy system in a sport?
6. Fill in the blanks on the following images that interpret the different sizes of muscle fibers and explain what the advantages of each type of muscle fiber are!



7. Mitochondria as the organ of cell respiration under certain conditions can be damaged. What can cause damage to mitochondria and what is the impact on cells and body?



8. When you as a coach meet an athlete showing symptoms of mood swings, lack of focus, loss of appetite, and persistent fatigue. What can you conclude and what will you do next to help the athlete?
9. What is the most visible difference between the two runners in the image below and what is the reason for the difference?



Source : coachmikeblogs.com

10. Based on the picture in question number 9, how can this difference be changed?

14. NUTRITION

ASSESSMENT TASK 1: A SYSTEMATIC REVIEW OF THE EFFECTS OF DIET ON CARDIOVASCULAR DISEASE

Description: College students were asked to conduct a systematic review of the relationship between diet and cardiovascular disease. Students are asked to review diverse scientific studies and compile a synthesis of relevant findings to provide in-depth insight into the topic.

Objective: students are able to provide comprehensive information about how different diets can affect the risk and progression of cardiovascular disease.

ASSESSMENT TASK 2: : ESSAY EXAM ANSWERS QUESTIONS ACCORDING TO THE TOPIC OF THE COURSE

1. How is nutrition, health, fitness, and exercise performance related?
2. What is the difference between nutritional needs in athletes and ordinary individuals? How to optimize nutrient intake for athletes?
3. Based on the latest scientific research, how can the consumption of certain foods affect fitness and sports performance?
4. How does physical exercise and nutrition affect the body's metabolism? Describe the interaction between the two.
5. Explain the importance of hydration in sports activities and its effect on athlete performance.
6. How to measure fitness levels and how can exercise and nutrition improve them?

Final Examination 2022/2023

PROJECT BASED LEARNING

You are asked to design nutrition and exercise programs for specific communities, for example obese children or active elderly. The program should be based on the latest scientific research and accommodate the specific characteristics of that community. The program design should include nutrition education, appropriate physical exercise programs, and evaluation of the effectiveness of the program.

Assignment:

1. Select a specific community group and determine the purpose of the nutrition and exercise program you want to design.

2. Design nutrition and exercise programs that match the needs and characteristics of the community.
3. Evaluate program effectiveness by collecting data and feedback from participants, and provide recommendations for program improvement.

15. ISSUES AND POLICIES IN SPORT

Final Examination 2022/2023

Course : Sport and Health Issues and Policies (5 CSU)

Day / Date : Monday / 5th Juny 2023

Time : 90 minutes

Class : IKOR 202

Lecture : **Muhammad Rhesa, S.Psi., M.A.**

1. Explain the role of policies for sports development!
2. Explain what influences the changes in sports coaching motives from political motives to economic motives!
3. Explain what things can cause a crisis in sports development!
4. Explain how the law can influences the rule of sports!
5. Explain what issues in the field of sports are currently in South Sulawesi.
6. Case anaylisis: a football club do match fixing with the referee in order to win the league. You as the organizing committee know this even though you are not in charge of overseeing the match rules. What are your next actions according to existing sports laws?

16. STATISTICS FOR HEALTH AND SPORT SCIENCES

Final Examination 2022/2023

Course : Statistics for Health and Sport Sciences (3 CSU)

Day / Date : Monday / 10th July 2023

Time : 90 minutes

Class : IKOR 2022

Lecture : Bustang, S.Pd., M.Sc., Ph.D

EXAMINATION REGULATIONS:

1. The University Regulations on academic conduct, including cheating and plagiarism, apply to all examinations.
2. The normal examination regulations of the University apply.

INSTRUCTIONS TO CANDIDATES:

1. Please do NOT start writing until told to do so by the Invigilator.
2. Students SHOULD answer ALL questions on this paper. ALL answers SHOULD be written within this examination paper.
3. This is a CLOSED BOOK examination. NO material may be taken into the examination.
4. This examination paper MAY NOT be taken from the venue by the candidates.
5. Please write your STUDENT ID/DESK NO here: /

1. To establish the relationship between two kinetic (peak horizontal ground reaction force and ratio of forces) and two commonly reported kinematic sprint variables (horizontal block exit velocity and average horizontal block power), bivariate Pearson's correlations were used. Figure 1 and Table 1 show the SPSS graphs and output of the analysis.

Figure 1. Scatter plots for two pairs of variables for all students

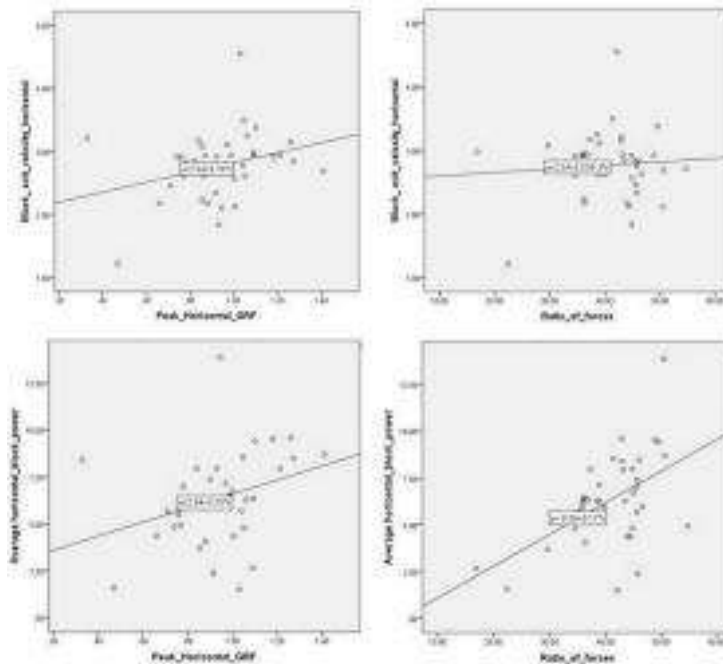


Table 1. SPSS output for bivariate Pearson's correlations for calculated variables

		Correlations			
		Block_exit_velocity_horizontal	Average_horizontal_block_power	Peak_Horizontal_GRF	Ratio_of_forces
Block_exit_velocity_horizontal	Pearson Correlation	1	.073	.305	.077
	Sig. (2-tailed)		.857	.059	.840
	N	39	39	39	39
Average_horizontal_block_power	Pearson Correlation	.073	1	.323*	.520**
	Sig. (2-tailed)	.857		.045	.001
	N	39	39	39	39
Peak_Horizontal_GRF	Pearson Correlation	.305	.323*	1	.169
	Sig. (2-tailed)	.059	.045		.304
	N	39	39	39	39
Ratio_of_forces	Pearson Correlation	.077	.520**	.169	1
	Sig. (2-tailed)	.840	.001	.304	
	N	39	39	39	39

*. Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Using the information in Figure 1 and Table 1, summarize the main findings of the analysis. Discuss the implications of these findings in relation to sprinting.

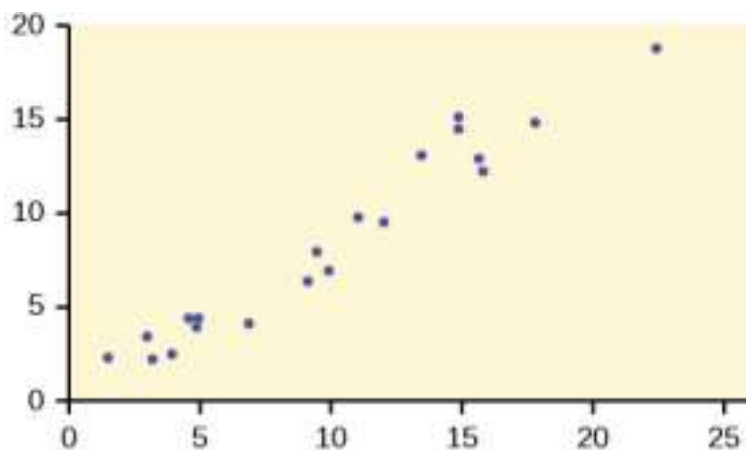
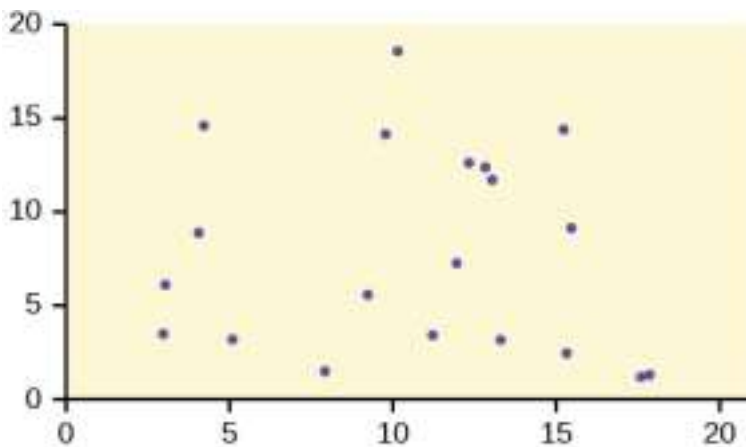
2. A tennis player makes a successful first serve 51% of the time. Assume that each serve is independent of the others. If she serves 9 times, what is the probability that she gets at most 3 successful first serves in?

3. Amelia plays basketball for her high school. She wants to improve to play at the college level. She notices that the number of points she scores in a game goes up in response to the number of hours she practices her jump shot each week. She records the following data:

X (hours practicing jump shot)	Y (points scored in a game)
5	15
7	22
9	28
10	31
11	33
12	36

Construct a scatter plot and state if what Amelia thinks appears to be true!

4. Describe the pattern in each of the scatter plots below, and decide whether the X and Y variables would be good candidates for linear regression.



5. Kia, Alejandra, and Iris are runners on the track teams at three different schools. Their running times, in minutes, and the statistics for the track teams at their respective schools, for a one-mile run, are given in the table below:

	Running Time	School Average Running Time	School Standard Deviation
Kia	4.0	5.2	0.15
Alejandra	4.2	4.6	0.25
Iris	4.5	4.9	0.12

Which student is the BEST when compared to the other runners at her school? Why? Explain your answer.

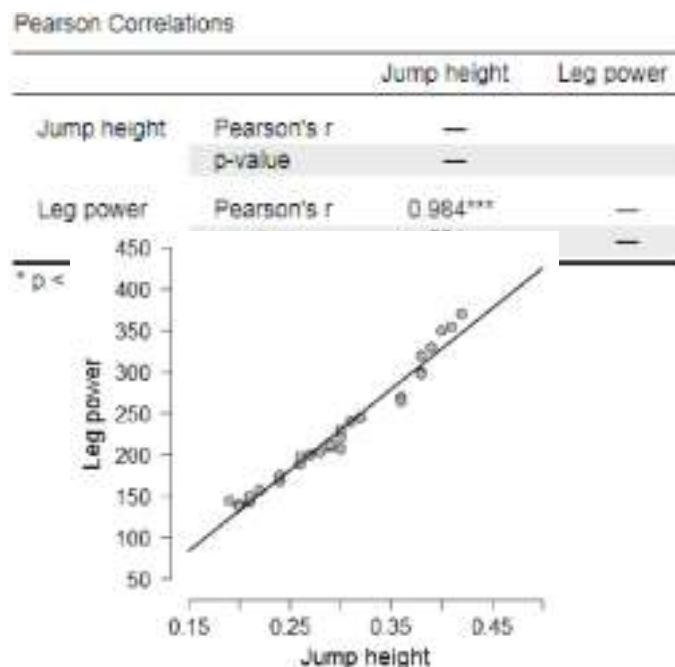
6. Based on the normality test below, would you consider the data normally distributed or not? Explain your answer.

Test of Normality (Shapiro-Wilk)

		W	p
Weight loss	Females	0.968	0.282
	Males	0.971	0.310

Note. Significant results suggest a deviation from normality.

7. The SPSS outputs below show the results of correlation analysis between the two variables: jump height and leg power. Based on these results, determine whether there is a significant correlation between jump height and leg power. Explain your answer.



17. ADMINISTRATION AND EVENT MANAGEMENT IN SPORT

Final Examination 2022/2023

Name :

Student Number :

1. Describe the steps involved in planning and organizing a sports tournament. How would you determine the location, schedule, and rules?
2. What is the role of information and communication technology in improving sports event administration? List some examples of technologies that can be used.
3. Explain the importance of the interaction of different industry sectors and stakeholders in managing an event. Give examples of situations where a lack of coordination can cause problems in an event.
4. How is the budget for an event managed? Describe some common sources of income and expenses in event administration.
5. Explain the importance of assessment and evaluation after a sporting event is over. How can you measure the success of the event and improve the process for the future?

18. MOTOR LEARNING AND DEVELOPMENT

Final Examination 2022/2023

FACULTY : Sport Science and Health

STUDY PROGRAM : Health and Sport Science

TIME ALLOWED : 2 hours (120 minutes)

INSTRUCTIONS TO CANDIDATES:

1. Please do NOT start writing until told to do so by the Invigilator.
2. Candidates must NOT use red ink on the script answer book.
3. Students SHOULD answer ALL questions on this paper. ALL answers SHOULD be written within this examination paper.
4. This is a CLOSED BOOK examination. NO material may be taken into the examination.
5. This examination paper MAY NOT be taken from the venue by the candidates.

Name :

Student ID :

Question Number 1

There are 3 classifications that are usually used in motor skills.

1. Size of primary musculature required,
- 2 Specificity of where actions begin
3. Stability of the environmental context.

Give your analysis of the 3 classifications above if they are related to the stages of movement development!

Question Number 2

What does the term intertrial variability mean in Gentile's skill classification system? How does his term provide an additional characteristic for distinguishing open and closed motor skills? Give two examples of motor skills for each of the four categories of skills that are created by this added distinction.

Question Number 3

Specifically, what is the difference between Reaction Time (RT) and Movement Time (MT)? Give your analysis about the differences between simple RT, choice RT and Discrimination RT by directly giving examples of their application in sports activities!

Question Number 4

Give your explanation about abilities and skills and give your analysis about Relating Motor Abilities to Motor Skill Performance. Give an example of one of the sports activities!

Question Number 5

Describe the general structure of a neuron, the function of each component, and the three different types of neurons and their functions! And give your explanation of the function of neurons for the development of motion learning!

Question Number 6

Describe the similarities and the differences between a closed-loop control system and an open-loop control system. For each system, describe a motor skill that could be characterized as having that type of control system.

Question Number 7

Give an explanation of the different roles of central and peripheral vision in the control of movement, and explain how these roles indicate that there are two anatomical visual systems. And, If you wanted to reach for a cup of water to take a drink from it, describe how the two visual systems would operate to allow you to do this task!

Question Number 8

Give an analysis why the performance of a skill requiring asymmetric bimanual coordination is difficult when it is first attempted. And, How it is possible for a person to catch a ball without seeing his or her hands make the catch.

Question Number 9

Describe the relationship between stimulus response (S-R) compatibility and the time needed to prepare to perform the action required, and describe two examples of S-R compatible and S-R incompatible situations that you might experience!

Question Number 10

Describe the width and direction of attention focus options a person has when performing a motor skill, and For each type, describe a motor skill situation in which that focus option would be preferred.

19. PERFORMANCE ANALYSIS IN INDIVIDUAL SPORT

Examination 2022/2023

Name :

Student Number :

Please add an asterisk to the appropriate box

1. Football

6. Tennis Court

2. Futsal

7. Table Tennis

3. Badminton

8. Squash

4. VolleyBall

9. Sepak Takraw

5. Basketball

10. HandBall

After selecting a sport :

1. Analyze the selected sporting event. Focus on the dominant physical components, and dominant power exercises.
2. Analyze the chosen sporting event, it should not be the same as the selection in number 1. Focus on their stroke strategy, movement on the court, and how they capitalize on their opponent's weaknesses in the match.

20. CLINICAL AND SPORT BIOMECHANICS

Examination 2022/2023

1. Compare and contrast linear and angular kinematics, and provide examples of each in human movements.
2. How can biomechanical principles be applied to improve the efficiency of running and reduce the risk of injury?
3. Analyze the biomechanics involved in bone growth during childhood and its implications for physical development.
4. How does obesity impact the biomechanics of human movement, and what interventions can be used to mitigate these effects?
5. Describe how the biomechanics of human movement change with age and how this affects mobility in older adults.

21. ENVIROMENTAL PHYSIOLOGY

FINAL EXAMINATION 2022/2023

1. Choose one specific sport (e.g. marathon running or mountain climbing) and explain how acclimatization to altitude can improve an athlete's performance in that sport.
2. How does hypoxia affect performance in high-altitude sports? Include an explanation of the role of oxygen in the body and how the body copes with the lack of oxygen.
3. Explain how humidity can affect athlete performance in high intensity sports such as tennis or sepak takraw. Also provide effective strategies to overcome the negative impact of humidity on these sports.
4. What are the physiological responses of the human body to altitude? Explain how the body adapts to low oxygen levels and reduced barometric pressure. Analysis: This question tests understanding of the human body's physiological responses to altitude, including how the body adapts to different environmental conditions at high altitudes.
5. What is Acute Mountain Sickness (AMS)? List the symptoms and risk factors associated with AMS. Also describe the recommended treatment for AMS. Analysis: This question asks a specific question about AMS, which is a common condition that occurs in individuals who climb to too high a height. It requires an understanding of the symptoms, risk factors and treatment of AMS.
6. Explain the difference between Pulmonary Edema at Altitude (HAPE) and Cerebral Edema at Altitude (HACE). Why are these conditions considered serious and should be treated immediately? Analysis: This question demands an in-depth understanding of HAPE and HACE as severe and dangerous forms of altitude sickness.

Questions no 1-3 are based on reading passage below

Sport and the environment are inextricably linked. Sport is dependent on its environmental context and has the potential to cause environmental impacts in its own right. Sports facilities - such as ski hills, golf courses and stadiums - can disrupt ecosystems and displace local residents. Teams and fans typically travel by cars and planes that emit CO₂. Rising temperatures can make participation in some sports impossible. There are many other examples. However, while sport can damage the environment, there is also hope that sport can be a force for positive environmental change - for example, in modeling pro-environmental forms of sport, and in

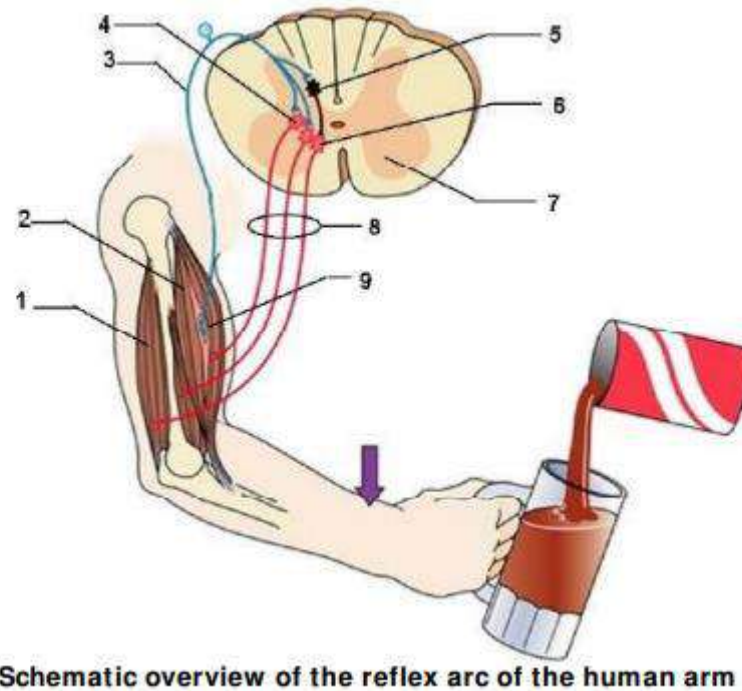
decision-making by many sport stakeholders. In a context where pressing concerns about the climate crisis have inspired calls for change in the way humans relate to the environment, questions remain about the environmental sustainability of sport. These questions are at the heart of *Sport and the Environment: Politics and Desired Futures*, which brings together a wide range of contributors to explore a variety of topics, such as how sport is involved in environmentally damaging activities, how decisions about responding to environmental issues are made, who benefits most and least from these decisions, and, ultimately, what a truly environmentally friendly sport looks like.

1. How can sports potentially damage the environment? Provide concrete examples of the negative impact sports can have on the environment.
2. What role can sport play in supporting environmental sustainability? Give examples of ways in which sport can be a force for positive change in the environment.
3. How can climate change affect sport practices? Give examples of specific sports that could be affected by climate change.

22. NEUROMUSCULAR CONTROL AND LEARNING

FINAL EXAMINATION 2022/2023

Question 1



The figure shows a schematic representation of the reflex arc of the human arm. In the figure the numbers 1-9 indicate different structures. Indicate which number is which structure. You can choose from the following terms (there are more than you need): cerebellum, anti-neuron, antagonist, efferent, interneuron, basal ganglia, motoneuron (being excited), afferent, motoneuron (being inhibited), tendon, synapse, Golgi tendon organ, Vanderhelm oscillator, agonist, muscle spindle, afferent, muscle neuron, spinal cord, node of Ranvier.

Question 2

What are the differences between the somatic and autonomic nervous systems?

Question 3

A tremor is an involuntary rhythmic movement of a limb, due to muscle contraction and relaxation. A pathological tremor is diagnosed by neurologists using clinical tests. One of these tests involves the patient maintaining a posture with the arms stretched out in front of him. The patient has to perform this task twice: with and without a mass in his hand.

- How does mass affect the mechanical behavior of a limb (in a healthy individual)? Describe 2 characteristic changes to the mechanical behavior with this inertial loading.

- b. Explain how this test helps the neurologists to determine if the tremor is of peripheral or central origin. What is the difference?

Question 4

Golgi tendon organs are sensitive to force.

- a. It is often said that the GTO senses muscle force, while the GTO is located in the tendon. Explain this apparent contradiction! Especially the Achilles tendon is known to be relatively elastic (i.e., being not very stiff). Suppose that the stiffness of the tendon is only 5 times the stiffness of the (cocontracted) muscle.
- b. What is the effect of the tendon elasticity on the relation between GTO force and joint torque?
- c. What is the effect on the relation between muscle spindle stretch and joint rotation? Does this relation depend on angular velocity?

Question 5

Describe the fundamental process of myogenesis and how muscle development results in the formation of a highly diverse population of slow fibers, hybrid fibers and fast fibers within individual mature skeletal muscles "Individual adult skeletal muscles are characterized by distinct groupings of fast fibers, slow fibers and hybrid fibers.

Question 6

Optimal feedback control (OFC) is a relatively new theory to describe the control of human movement.

- a. Give a block scheme of optimal feedback control and annotate the blocks and the important signals
- b. Different brain regions have different function. What are, according to OFC, the functions of the following brain structures: motor cortex, basal ganglia and cerebellum
- c. In optimal feedback controls the feedback gains for the state estimate are being calculated by optimizing a cost function. This cost function generally consists of two terms. Which terms are included and why are they included in the cost function.

23. EXERCISE IN HEALTH AND DISEASE

FINAL EXAMINATION 2022/2023

1. Project Description (10 point)
 - a. The first step in collecting patient data.
 - b. Communication with patients.

2. Planning (10 point)
 - a. Is there a clear and detailed plan.
 - b. Are the project objectives well identified.

3. Collaboration (15 point)
 - a. How effective is collaboration in a team.
 - b. Does each team member make a balanced contribution.

4. Analysis (20 point)

Treatment.

5. Creativity and Innovation (20 point)
 - a. The extent to which students show creativity in problem solving.
 - b. Are there any innovations that can be identified.

6. Presentation (15 point)
 - a. The extent to which the presentation covers all aspects of the project.
 - b. Can students explain the project clearly and convincingly.

7. Evaluation (10 point)
 - a. Impact on patients.
 - b. Feedback between students, patients and lecturers.

24. RESEARCH METHODS IN HEALTH AND SPORT SCIENCES

RUBRICS FOR FINAL EXAMINATION 2022/2023

Marking Area	Poor (NN, <50%)	Fair (PA, 50 - > 59%)	Good (CR, 60 - > 69%)	Very Good (DI, 70 ->79%)	Excellent (HD, >80%)
Introduction (10 %)	Inadequate explanation and overview of the topic without backing by any evidence The paper's purpose is missing	Adequate explanation and overview of the topic, backed by some evidence. However, this needs more development The paper's purpose is incomplete and/or unfocused	Good explanation and overview of the issue backed by reasonable evidence The paper's purpose in one or two sentences	Very good explanation and overview of the topic which is supported by good evidence The paper's purpose is clearly stated in one or two sentences	Excellent explanation and overview of the topic with well-supported by strong evidence The paper's purpose is clearly and concisely stated in one or two sentences
Analysis (40%)	No or limited analysis that misses most requirements No or limited use of reference to support analysis	Basic analysis that covers most aspects of the topic, though information may be superficial, incorrect or irrelevant at times Attempt to link aspects with theories, but link may be unclear or incorrect at times. Some points are supported with references	Detailed analysis that covers most aspects of the topic, though may be unclear at times; Some link between aspects and theories, but it may be unclear at times. Most points are supported with relevant references	Clear and concise analysis that covers all aspects of the topic Clear link between aspects and theories. All points are supported with relevant references	Comprehensive analysis that covers all aspects of the topic Consistent link between each aspect and theories. All points are supported with seminal references
Reflection (30 %)	No or limited reflection that fails to identify what you have learned about the topic	Basic reflection that attempts to identify what you have learned about the topic, though it may sometimes be unclear, superficial or irrelevant	Detailed reflection that identifies some learning about the topic Reflection relates to the self only	Clear and concise reflection that identifies a range of learning and well considered ways about the topic Reflection can be applicable to a range of audience	Thoughtful reflection that identifies a range of learning and sophisticated ways about the topic Reflection can be meaningful to all readers

<p>Academic Writing (20%)</p>	<p>Assignment is disorganised with no clear line of argument</p> <p>Frequent errors in referencing style with excessive use of direct quotes</p> <p>Non-conventional spelling, punctuation and grammar interfere with meaning</p> <p>Frequent use of informal vocabulary and expressions</p>	<p>Assignment is adequately structured; a line of argument is detected, though unclear or disconnected at times.</p> <p>Attempts to use Harvard style, though with frequent errors and some use of direct quotes. Some references missing or incorrect</p> <p>Occasional errors in spelling, punctuation and grammar; errors do not interfere with meaning</p> <p>Attempts to use academic vocabulary and expressions, though with occasional errors</p>	<p>Assignment is mostly well constructed; a line of argument is evident, though unclear at times</p> <p>Harvard style used, with occasional errors. Minimal use of direct quotes</p> <p>Minor errors in spelling, punctuations, and grammar</p> <p>Frequent of academic vocabulary and expressions, may be with some minor errors</p>	<p>Assignment is generally well constructed with a clear line of argument</p> <p>Referencing mostly follows Harvard style with some minor errors, direct quotes integrated with argument</p> <p>Conventional spelling, grammar and punctuation, though with some typos</p> <p>Generally consistent use of academic vocabulary and expressions</p>	<p>Assignment is consistently well constructed with a coherent line of argument</p> <p>Referencing consistently follows Harvard style, with no errors; quotes are integrated/paraphrased to support argument</p> <p>Conventional spelling, grammar and punctuation</p> <p>Consistent use of academic vocabulary and expressions</p>
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25. SPORT AND EXERCISE PSYCHOLOGY

FINAL EXAMINATION 2022/2023

1. Explain the role of psychology in athlete performance!
2. Explain the types of personality and their potential in responding to situations in sports matches!
3. Explain the conditions that can affect the athlete's motivation to face competition.
4. Case analysis: An athlete fell and suffered an injury, after being diagnosed by a doctor This injury requires immediate surgery. 3 months after the operation, the doctor has allowed the athlete to return to competitive sports activities. But athletes are always afraid when they are on the field. What do athletes experience?
 - A. Stress
 - B. Not confident
 - C. Lack of trust in doctors
 - D. Worried

Explain your answer.

5. Explain what can be done to reduce the anxiety you are experiencing as an athlete!
6. What is the influence of the developmental psychology of childhood, youth, and adulthood on the ability to exercise ?
7. Explain what can be done to reduce the anxiety you are experiencing as an athlete!
8. Case analysis: You meet an athlete who will compete in one month, but new when his beloved parents died. During rehearsals he couldn't focus because always sad to remember his parents. What are you doing to help the athlete?

26. PRINCIPLES OF SPORT COACHING

FINAL EXAMINATION 2022/2023

1. Describe three coaching strategies for improving team cohesion.
2. What are the key considerations when planning a training session for athletes of different skill levels?
3. Discuss one current trend or innovation in sports coaching and its potential impact.
4. Explain the principles of motor skill development and their application in coaching.
5. Read the following scenario and answer the questions that follow:

Scenario: You are a coach of a youth soccer team. One of your players is struggling with low motivation and seems disengaged during training sessions. How would you address this situation?

- a. Identify three possible reasons for the player's lack of motivation.
- b. Provide a step-by-step plan on how you would motivate and re-engage the player in training

27. PERFORMANCE ANALYSIS OF TEAM SPORT

FINAL EXAMINATION 2022/2023

1. Describe the importance of video analysis in performance evaluation for team sports. How does video analysis aid in identifying strengths and weaknesses?
2. Define performance analysis in the context of team sports and explain its importance in enhancing team performance
3. Identify the types of injuries common in team sports and their causes and create injury prevention strategies based on performance analysis and sport science principles.
4. Present a hypothetical scenario where a team is trailing by one goal in the last five minutes of a crucial match. Describe three possible tactical decisions the coach could make, and evaluate the potential outcomes of each decision.
5. You are a performance analyst working with a professional sports team competing in a team sport (e.g., soccer, basketball, volleyball, etc.). The team has approached you to conduct a comprehensive performance analysis to assess their strengths, weaknesses, and areas for improvement. what are the key aspects that you must do to help improve this team's performance?

28. PERFORMANCE ANALYSIS OF MARTIAL ART

Assesment Task 1: Performance Evaluation

Intent : Sport performance analysis and providing feedback on the analysis. This assessment will involve groups. the groups will have 3-4 persons.

Assessment Task 2: Essay

Intent : Critical review of scientific literature relating to Performance Analysis of Martial Art

Final Examination 2022/2023: Video Analysis

Intent : Students will be involved in the process of video analysis by selecting professional match videos. Students will provide feedback on the selected video. Observing performing a skill, analysing the effectiveness of the performance, and detecting and correcting errors to improve future performance! (There will be five videos selected, each video contain about karate, muay thai, pencak silat, taekwondo and judo)

29. SPORT INJURY AND PREVENTION

FINAL EXAMINATION 2022/2023

1. A 25-year-old soccer athlete suffered a sports injury while playing soccer. He landed on the wrong foot, causing a sprain to his ankle. The patient experienced pain and swelling in the area, making it difficult to walk. Upon examination by a sports doctor, the diagnosis is "mild ankle sprain".

Your task:

Create a sports physical therapy plan to help this patient recover. Include recommended physiotherapy exercises, frequency, and recovery targets to be achieved

2. A 30-year-old professional tennis player sustained a shoulder injury due to repetitive motion and high intensity training. The patient complained of pain in the front shoulder and difficulty lifting the racket. After consulting a sports doctor and performing a medical examination, it was diagnosed as "shoulder tendonitis".

Your task:

Develop a sports physical therapy program that can help this patient overcome shoulder tendonitis. Include strengthening exercises, stretching, and other recovery techniques that are appropriate for this case.

3. A 20-year-old roller skater had an accident while practicing and fractured his upper arm. After undergoing surgery to repair the fracture, the patient needs to undergo sports physical therapy to restore his strength and mobility.

Your task:

Design an effective sports physical therapy program to help this roller skater in his post-surgery recovery. Include exercises for arm strengthening and mobility, as well as preventive measures to avoid similar problems in the future.

4. (High Order Thinking Skill)

A soccer athlete injured his ankle after falling during a game. Upon examination by a sports doctor, it is determined that there is an ankle ligament injury. Analyze the types of ligaments that may have been injured and explain how this injury may affect the athlete's ability to play soccer.

5. (High Order Thinking Skill)

A tennis player suffered a shoulder injury due to repetitive movements during training. During the recovery process, the physical therapist proposes some exercises to restore shoulder strength and flexibility. Evaluate the physical therapy plan, explain whether the exercises are effective enough to speed up the tennis player's recovery, and if necessary, propose additional exercises or modifications.

6. (High Order Thinking Skill)

A track athlete suffered a severe hamstring injury during a training session. Based on the examination, sports physical therapy is recommended to speed up the healing process and prevent similar injuries in the future. Synthesize a physical therapy plan consisting of strengthening exercises, stretching, and functional exercises. Explain how the plan works holistically to repair the hamstring injury and prepare the athlete to return to optimal fitness levels.

7. A long-distance runner has an acute injury that affects his performance and training time. How would you as a sports physiotherapist work with a sports psychologist to help this athlete deal with the disappointment and increase motivation and enthusiasm in recovery and subsequent training?

8. An athlete sustained a knee injury during a basketball game and has to undergo physical recovery. How would you as a sports physiotherapist help overcome the athlete's fears and anxieties related to this injury in order to return to play with confidence?

9. You are a sports physical therapist assigned to a soccer event to plan for the management of a sports injury sustained by a soccer athlete who injured his ACL during a game.

Create a sports injury management plan that includes the following steps:

- Identify the type of ACL injury sustained by the athlete.
- Describe the initial evaluation procedures you will perform to assess the severity of the injury.
- Articulate the first treatment steps to be taken after the injury occurs on the field.
- Design a physical therapy program for the athlete's recovery, including exercises and post-injury recovery.
- Explain the precautions that can be taken to reduce the risk of similar injuries in the future.

30. PHARMACOLOGY AND DOPING

FINAL EXAMINATION 2022/2023

1. Explain the differences in doping and supplementation practices among different age groups and levels of competition. How can these practices affect the long-term health and careers of athletes?
2. Explain what you think of the ethical views on the use of doping in sport and express the pro and con arguments regarding the legalization or enforcement of doping.
3. Explain the difference between pharmacodynamics and pharmacokinetics, and how they relate to each other in the action of a drug?
4. Choose one drug from a particular group (e.g. antibiotics or antidepressants) and describe its mechanism of action in detail, including the drug's interaction with its biological target.
5. The condition in the following picture occurs as a side effect caused by doping abuse, what is this condition called? Give an explanation of what doping method causes the change in physical condition?



Source : rumahfitnes.co

6. Explain the difference in meaning of each symbol on the following drug packaging and give examples of drugs that fall under each symbol!



7. Explain the difference between caffeine consumption in aerobic and anaerobic sports activities. Explain how the effects of caffeine on the body benefit or hinder the athlete's performance?

8. Assess the role of growth hormone and growth hormone releasers in athletic performance. How do they differ from other performance-enhancing substances, and what are their potential long-term effects?
9. Write down 3 comprehensive plans that you think are appropriate for educating athletes of different age groups on the risk factors and consequences of doping, including strategies to prevent doping in competitive sports and society!
10. A hypothetical situation involves an athlete who needs to take bronchodilators for medical reasons, but is concerned about a potential doping violation. Design a strategy to address this situation, taking into account anti-doping regulations, medical exemptions, and the athlete's performance needs !

31. EXERCISE PRESCRIPTION AND TESTING

ASSESSMENT TASK 1: Quizzes

There will be quizzes for each major topic covered in the course. The quizzes will be based entirely on the lectures, reading assignments and class activities.

ASSESSMENT TASK 2: PROJECT DESIGN

Intent: This assessment is to provide opportunities for students to carry out activities outside the campus. This activity aims to train students to be able to apply tests and measurements in society or sports performance.

Project Title:

Design and Implementation of Student Fitness Measurement Program

Activity Description:

This project activity aims to assess the level of physical fitness of students through measuring various parameters, such as VO₂ max, muscle strength, and flexibility. Students will design and implement a measurement program using appropriate instruments and measuring instruments. The test data will be processed and evaluated to provide an overview of the students' physical fitness condition. This project will help students to understand the process of fitness measurement and recognize the importance of regular physical condition evaluation.

Activity Steps:

- a. Identify objectives: Determine the purpose of this fitness measurement program. For example, to assess the physical fitness level of students at the end of the semester.
- b. Test selection: Determine the fitness tests to be used, such as VO₂ max, muscle strength tests, and flexibility tests.
- c. Instrument design: Create the instruments and measuring tools needed for each test to be performed.
- d. Conduct the test: Conduct fitness tests on all students involved in the project.
- e. Data processing: Analyze the test results and present the data in an understandable form.
- f. Evaluation and interpretation: Evaluate test results and interpret data to determine overall fitness levels and assess student performance.
- g. Present the results of the Project activities that have been conducted.

Final Examination 2022/2023

FACULTY : Sport Science and Health
STUDY PROGRAM : Health and Sport Science
TIME ALLOWED : 2 hours (120 minutes)

INSTRUCTIONS TO CANDIDATES:

1. Please do NOT start writing until told to do so by the Invigilator.
2. Candidates must NOT use red ink on the script answer book.
3. Students SHOULD answer ALL questions on this paper. ALL answers SHOULD be written within this examination paper.
4. This is a CLOSED BOOK examination. NO material may be taken into the examination.
5. This examination paper MAY NOT be taken from the venue by the candidates.

Name :

Student ID :

Question Number 1

Identify and explain the five types of physical fitness tests commonly used to assess a person's fitness level. Give examples of situations where each of these tests is particularly relevant.

Question Number 2

In a sports skill test, an athlete scores low results despite being better at his/her actual ability. Explain the possible causes of error in this test and what steps should be taken to improve measurement accuracy.

Question Number 3

How can emerging technologies, such as wearable devices or sports tracking apps, help in the measurement and evaluation of sports results? Give examples of applications of these technologies in improving the performance of athletes or fitness participants.

Question Number 4

As a coach, how would you apply the results of an individual physical fitness test in designing an effective and results-oriented exercise program? Explain the steps.

Question Number 5

Why is it important to consider ethical aspects in sports measurement? Give examples of situations where ethics should be considered in conducting sports tests.

Question Number 6

An athletics team has several athletes with outstanding physical fitness test results, but their game results are less consistent. Analyze what factors could influence their results based on the test data and how would you use this information to improve the team's overall performance?

Question Number 7

How can the application of measurement results help identify potential injuries to an athlete or fitness participant? Discuss the steps that can be taken to prevent injuries based on the measurement results.

Question Number 8

A student claims that muscle strength tests used in basketball are irrelevant to assessing an athlete's ability to play the game. Provide your argument regarding the relevance of muscle strength tests in the context of the game of basketball.

Question Number 9

A collegiate athletic team experienced performance issues during the season. Explain how you, as a researcher in the field of sports testing and measurement, can assist the team in identifying contributing factors and developing an improvement plan.

Question Number 10

A soccer team is faced with various problems in the implementation of physical fitness tests. Analyze the barriers the team faces in implementing sports testing and the suggestions you can provide to improve their testing and measurement process.

32. RECREATIONAL SPORT

FINAL PROJECT: Event Management for Recreational Sports

In this final project, students are asked to create a recreational sports activity event that has direct contact with the community. This activity aims to promote sports and show several types of recreational sports to the community. Examples of students' final assignment results is shown below.

Recreational Sport Module

**THE TITLE OF THE PAPER SHOULD BE WRITTEN SHORTLY |
AND CONCISELY ACCORDING TO THE CONTENT**
[Times New Roman : 14]

Authors Name [Times New Roman : 12]

email: Authors@email.ac.id

INTROUCTION

This template was written as a format or layout guide for writing papers for the Recreational Sports course as one of the lecture assignments. Writers must follow writing rules, both in terms of type, size, layout, systematics and writing references. What is no less important is that the writing follows the Indonesian Enhanced Spelling (EYD), uses the right vocabulary and follows scientific principles properly and correctly. In addition, writing must comply with scientific publication ethics. The body of the paper including the bibliography is written in one column as in this template. The first line of a paragraph is written indented by one tab (0.5 cm).

Typing papers will be easier if you use Microsoft Word software. Use the Page Layout menu to determine the paper size used, namely A4, the right, left, top and bottom margins or borders using the normal menu options (ig 1 inch = 2.54 cm). The spacing between lines is 1.5 without any additional spacing between paragraphs. The font used is Times New Roman size 12.

The length of the paper is limited to a maximum of 15 pages or adjusted to the needs of complete discussion. Writing systematics consists of introduction, discussion and conclusion. The introduction section is written approximately 20% of the body of the paper. The discussion section is written about 75% of the contents of the entire paper and the discussion of research results must refer to the results of previous research. The conclusion is written briefly in about 5% of the body of the paper. Writing subtitles does not need to be numbered, just write them in bold. While the bibliography is written in accordance with the rules issued by the American Psychological Association (APA), the 6th Edition published in 2010, it is recommended to use a reference manager (Mendeley).

Picture 1. Recreational Sports Module

Sample for final exam



Picture 1. Submission of Collaboration Format between Lecturers and Sponsors



Picture 2. Zumba Exercise with Community



Picture 3. Fun Games Traditional Sport

33. ADAPTED SPORT

Final Examination 2022/2023

Designing and implementing disability-specific game sports

In this final assignment, students are asked to design and implement a sports game that can be played by persons with disabilities according to the type and level of disability that can help in improving their abilities both cognitively, psychometrically and their degree of fitness.

- Students will work in groups with the same group division as during field observation assignments.
- Based on the results of previous observations, students will design sports games that will be applied to children with special needs according to the type and level of disability.
- Before the sports games that have been designed are implemented, each group will be asked to present in front of the class about how and the rules of the sport are played and their benefits.
- Then each group implements the game sports that have been designed and then sees whether these games can really be played by children with special needs or persons with disabilities.

34. SPORT AND YOUTH DEVELOPMENT

Final Examination 2022/2023

Video Analysis Task

Watch videos of young children participating in sports sessions. Then, do an analysis of their motor skill development. Identify strengths and areas where they could improve. Explain how you will provide positive and constructive feedback to the children to help them develop

Exam questions

1. Explain why sport is important for early childhood development.
2. List the three basic motor skills that must be developed in young children and explain why these skills are important for their physical development.
3. What is the role of an instructor in facilitating sports sessions for early childhood? Give examples of strategies that can be used to motivate children's participation.
4. You are a sports instructor and are asked to design a 6-week exercise program for early childhood. Make a plan for each week, including the type of sport, game, or physical activity each session will involve. Explain the purpose and benefits of each activity you choose.
5. You have a case study of a young child who initially had little interest in participating in sports and often showed little self-confidence. Provide a plan of the approach you will use as an instructor to help this child feel more comfortable and motivated about playing sports. Describe the strategies you will use to build self-confidence and how you will overcome challenges that may arise.
6. Identify three important safety aspects to consider when running an early childhood sports program. Explain how you will ensure each of these safety aspects is met during a sports session.
7. You have completed an exercise program for early childhood. Describe how you would assess the effectiveness of this program. State the evaluation method you will use and give reasons why it was chosen.

35. SPORT SOCIOLOGY

Final Examination 2022/2023

FACULTY: Health and Sport Sciences

STUDY PROGRAM: Health and Sport Science

TIME ALLOWED: 2 hours (120 minutes)

Instructions To Candidates:

1. Please do NOT start writing until told to do so by the Invigilator.
2. Candidates must NOT use red ink on the script answer book.
3. Students SHOULD answer ALL questions on this paper. ALL answers SHOULD be written within this examination paper.
4. This is a CLOSED BOOK examination. NO material may be taken into the examination.
5. This examination paper MAY NOT be taken from the venue by the candidates.

Name:

Student ID:

Question Number 1

Explain the relationship between theories in the sociology of sport and various theoretical approaches used in understanding sport phenomena.

Question Number 2

How does sport act as a reflection of culture and how does sport contribute to expanding a particular culture in society?

Question Number 3

How do socialization processes play a role in shaping gender roles in sport and how can sport reinforce or change social constructions of gender roles?

Question Number 4

How do social processes within sporting groups influence athlete performance and how does the phenomenon of "social facilitation" play out in sporting contexts?

Question Number 5

Why is social recognition in sport important and how can it affect individual and group identity in the context of a particular sport culture?

Question Number 6

Explain the relationship between violence and doping in sport and its impact on athletes, society and the overall image of sport.

Question Number 7

How do sports spectators integrate into specific social groups and experience intense emotions in the context of supporting their favorite team or athlete?

Question Number 8

How does economics play a role in sport, particularly in terms of sports marketing and the role of mass media in supporting it?

Question Number 9

How does politics influence sport in the context of strengthening national identity and how can sport be a political tool at the national and international level?

Question Number 10

What is the impact of the sports boycott movement on certain political or social issues? Take the case of Russia and North Korea. Give your opinion on this phenomenon?

36. SPORT MASSAGE

Final Examination 2022/2023

Description: Students are given the task of finding patients to carry out field practice and then providing interventions in the form of massage and ways of communicating with patients. Patients provide an assessment of students by filling out a questionnaire that has been provided.

Rubrics for Final Examination

Rubric Sports Massage			
	Excellent (3 pts)	Good (2 pts)	Needs Improvement (1 pts)
Touch/Contact	<p>Excellent</p> <p>Student demonstrated one hand contact throughout the massage session. The pressure was consistent and transitioned appropriately when needed in application of massage technique.</p>	<p>Good</p> <p>Hand contact during massage was interrupted (+1), pressure was applied inconsistently on an occurrence of 2 or more times during the session.</p>	<p>Needs Improvement</p> <p>Student consistently disconnected from instructor during the session. Needs improvement and practice when applying the appropriate amount of pressure.</p>
Rhythm/Sequence	<p>Excellent</p> <p>The massage session had a continuous flow. Student transitioned massage applications with appropriate follow through. Student demonstrated smooth movement of massage techniques.</p>	<p>Good</p> <p>The student displayed some hesitation transitioning into massage applications or body part 2+. Massage techniques were not followed through correctly 1+.</p>	<p>Needs Improvement</p> <p>The massage session was interrupted continuously through the session. The student displayed on numerous occasions hesitation/disruption of massage applications.</p>
Performance of Massage Techniques	<p>Excellent</p> <p>Student correctly applied all applications of massage techniques during the session. Used proper technique in assigned</p>	<p>Good</p> <p>Student applied massage techniques with minimal errors. 2+ massage applications was applied to wrong area of the body or</p>	<p>Needs Improvement</p> <p>Student displayed 3+ massage applications incorrectly or not applied to the appropriate part of the body.</p>

	order according to Kellogg.	hand placement was incorrect.	
Complete and bilateral performance	Excellent Massage applications was applied consistent and balanced on the right and left sides of the body.	Good Massage applications was consistent and balanced on half of the body. (right versus left)	Needs Improvement Massage applications was not consistent throughout the massage.
Draping Skills	Excellent Performs proper draping skills, by covering the client for privacy. Procedure for turning client over is correct. Communicates with the client proper instructions for turning over.	Good Draping skills was acceptable with minimal amount of client exposure. Communication cues was not given correctly to the client.	Needs Improvement Client's privacy and security is not intact, Communication for turning over is not given.
Use of Lubricants	Excellent Complete massage session was performed with appropriate application of lubricant when needed.	Good Students application of lubricant was either excessive or not applied enough on a portion of the body (upper/lower torso).	Needs Improvement The application of lubrication was not consistent throughout the session. Lubricant application was either excessive or depleted.
Proper Positioning	Excellent Student properly positions the bolster and face rest.	Good Bolstering or face rest position was forgotten once during the massage application.	Needs Improvement Bolstering under the client's knee/ankle or face rest is not in position when needed during the massage session more than once.
Timing	Excellent Student's massage on the instructor was completed on time.	Good Student's massage on instructor was under/over 3-5 minutes.	Needs Improvement Student's massage on instructor was under/over 5 minutes or more.
Preparedness	Excellent Student comes to the massage session prepared and on time.	Good Student comes to the massage session late.	Needs Improvement Student does not come to massage session.

37. PLANNING FOR PHYSICAL FITNESS

Final Examination 2022/2023

FACULTY : Health and Sport Sciences

STUDY PROGRAM : Health and Sport Science

TIME ALLOWED : 2 hours (120 minutes)

INSTRUCTIONS TO CANDIDATES:

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Name:

Student ID:

Question Number 1

What are the various methods and tools used for measuring and evaluating an individual's physical fitness levels, including strength tests, cardiovascular tests, and flexibility assessments?

Question Number 2

How do the principles of strength training, such as types of exercises, resistance use, intensity, volume, and exercise frequency, contribute to developing muscular strength safely and effectively?

Question Number 3

How do you design fitness programs tailored to individual goals, considering fitness principles, desired fitness components, and individual capabilities?

Question Number 4

How can practicum activities, such as participating in physical exercises, fitness evaluations, and designing fitness programs, enhance students' understanding and practical skills in the field of fitness?

Question Number 5

Besides physical exercises, what other aspects of general health and fitness, such as healthy eating habits, stress management, sufficient sleep, and an active lifestyle, should be considered in a comprehensive fitness program?

Question Number 6

How do individual differences impact the effectiveness of fitness programs and exercises, and how can instructors tailor workouts to accommodate different fitness levels and needs?

Question Number 7

How can an understanding of fitness assessment methods help identify strengths and weaknesses in an individual's fitness level, guiding the development of personalized exercise plans?

Question Number 8

How does consistent exercise frequency affect the body's ability to adapt and improve overall fitness levels over time?

Question Number 9

In what ways can an individual achieve a balance between cardiovascular, strength, and flexibility training to attain a well-rounded and comprehensive fitness regimen?

Question Number 10

Give examples of fitness training programs for 2 different cases: individuals who want to gain weight and those who want to lose weight. Provide an explanation of the given exercise program.

38. HEALTH AND SPORTS TECHNOLOGY

Final Examination 2022/2023

Project Details:

1. **Technology Showcase:** Each student/group will select a specific sport technology (e.g., wearables, performance trackers, motion analysis systems, virtual reality, augmented reality, etc.) and create a comprehensive presentation showcasing its features, functionalities, and potential applications in sports.
2. **Athlete Performance Analysis:** Students will be required to collect real-world data from athletes or simulated scenarios using the chosen sport technology. The data collected should be analyzed to identify trends, patterns, and potential areas for performance improvement.
3. **Performance Improvement Proposal:** Based on the analysis conducted, students should develop a detailed proposal outlining how the chosen sport technology can be used to enhance an athlete's performance. The proposal should include specific recommendations and justifications.
4. **Ethical Considerations:** Students must critically assess and discuss the ethical implications of using sport technology, including issues related to data privacy, athlete consent, and the potential impact on the spirit of fair play.
5. **Final Presentation and Report:** Students will present their findings, proposals, and ethical considerations to the class. Additionally, they are required to submit a detailed report covering all aspects of their project.

Project Timeline: Week 1-2: Introduce the course and sport technology concepts. Form groups and select sport technologies. Week 3-4: Research and gather information on the chosen sport technology. Develop the technology showcase presentation. Week 5-6: Collect athlete performance data using the selected sport technology. Week 7-8: Analyze the data and identify performance trends. Week 9-10: Develop the performance improvement proposal and ethical considerations section. Week 11-12: Finalize the project report and prepare for the presentation. Week 13-14: Presentations and project submission.

Assessment: Students' performance will be assessed based on the following criteria:

1. Quality and depth of the technology showcase presentation (10%)
2. Effective data collection and analysis (20%)
3. Clarity and feasibility of the performance improvement proposal (30%)
4. Thorough consideration of ethical implications (15%)
5. Overall presentation and report (25%)

Note: The instructor should provide regular feedback throughout the project to guide students in their exploration of sport technology and ensure they are on track to meet the project objectives.

39. SPORT JOURNALISM

Final Examination 2022/2023

FACULTY : Health and Sport Sciences

STUDY PROGRAM : Health and Sport Science

TIME ALLOWED : 2 hours (120 minutes)

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Name:

Student ID:

Question Number 1

How has the development of digital technology affected the sports media landscape and what are the implications for sports journalism?

Question Number 2

How do new media platforms affect the overall sports viewing experience? What do sports journalists need to consider?

Question Number 3

Analyze how the role of athletes as activists has affected sports media coverage and does this create ethical challenges in sports journalism?

Question Number 4

How do new media platforms create new opportunities and challenges in creating sports content? What impact does this have on the sports narrative in the topic?

Question Number 5

Are there significant changes in the way journalists report sports news as a result of digital media transformation?

Question Number 6

Explain how the increased speed of news and accessibility of information affects the quality of sports coverage and the integrity of journalists in the digital age!

Question Number 7

What role does social media play in shaping public opinion about sports and how does this affect the responsibility of sports journalists to provide objective news?

Question Number 8

How has more available sports data and statistics in the digital age changed the way journalists report sports events?

Question Number 9

How have new media enabled more direct interaction between spectators and sport? What impact does this have on the sports viewing experience?

Question Number 10

How have technological developments such as augmented reality (AR) and virtual reality (VR) affected the way we consume and interact with sport, and what are the implications for sports journalism in the future?

40. HEALTH PROMOTION

Final Examination 2022/2023

1. Explain the importance of social determinants of Health. Select a major health problem in your state/district (coronary heart disease, cancer, lung disease, liver disease, obesity, etc.). Explain with examples how social determinants influence the outcome of a selected major health problem.
2. What do you understand by “Gender Mainstreaming”? Why is it important to sensitize health personnel for health promotion and gender related issues?
3. Define the concept of behavior change. explain barriers to behavior change, with examples that consider health promotion.
4. What do you understand by Social Determinants of Health (SDOH)? List any five SDOH. Discuss the role of each of these in Health Promotion with examples.
5. Explain what health promotion actions can be taken in the community to control degenerative diseases.
6. Mention lifestyle disorders. Briefly write about the burden of obesity among school teenagers in Indonesia. What epidemiological studies are you planning to determine obesity trends in school adolescents?

41. SPORT PERFORMANCE ANALYSIS

Final Examination 2022/2023

Appendix Final Exam

Name :

Student Number :

Please add an asterisk to the appropriate box

- | | | | |
|---------------|--------------------------|-----------------|--------------------------|
| 1. Football | <input type="checkbox"/> | 6. Tennis Court | <input type="checkbox"/> |
| 2. Futsal | <input type="checkbox"/> | 7. Table Tennis | <input type="checkbox"/> |
| 3. Badminton | <input type="checkbox"/> | 8. Squash | <input type="checkbox"/> |
| 4. VolleyBall | <input type="checkbox"/> | 9. Sepak Takraw | <input type="checkbox"/> |
| 5. Basketball | <input type="checkbox"/> | 10. HandBall | <input type="checkbox"/> |

After selecting a sport: Students will engage in a video analysis process by selecting a professional match video. Students will make feedback on the selected video footage regarding the physical fitness elements of the player and make markings from the video regarding the important parts of the player's Movement skills in producing a good performance. Then analyze the deficit comparing the movement skills with those of non-athletes.

42. MONITORING AND EVALUATION IN ATHLETES

Final Examination 2022/2023

FACULTY : Health and Sport Sciences

STUDY PROGRAM : Health and Sport Science

TIME ALLOWED : 2 hours (120 minutes)

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Name:

Student ID:

Question Number 1

Explain what is meant by "monitoring" and "evaluation" in the context of sports. Provide examples of the differences between the two. Also, describe the relationship between "monitoring" and "evaluation" with sports planning and management. Illustrate the process flow.

Question Number 2

What is meant by "performance indicators" in sports? Provide relevant types of performance indicators in various sports. How do you determine suitable performance indicators for a specific sport? Discuss the steps involved in determining these indicators.

Question Number 3

Describe the process of data collection in sports monitoring. What are the techniques and methods used to gather relevant data? Additionally, explain the role of current technology, such as tracking devices (GPS, sensors, and video analysis) in this context.

Question Number 4

What is meant by "sports program evaluation"? How do formative and summative evaluations differ? Provide examples of situations where both types of evaluations are applied.

Question Number 5

How do you interpret the results of sports program evaluations? What are the essential elements in composing a clear and informative evaluation report?

Question Number 6

Why is it important to use monitoring and evaluation data in decision-making? Provide examples of cases where decisions are based on such data.

Question Number 7

How can the results of monitoring and evaluation be utilized for improving and developing sports programs? Describe the process of implementing changes and monitoring the outcomes.

Question Number 8

Discuss how coaches and sports managers can utilize monitoring data to identify the strengths and weaknesses of individual athletes and the team as a whole.

Question Number 9

How does the advancement of technology affect the utilization of monitoring and evaluation in sports? Discuss its implications for athlete development and performance enhancement.

Question Number 10

Explain how the application of ethical principles in monitoring and evaluation in sports can influence public perceptions of integrity and transparency within the field of sports.

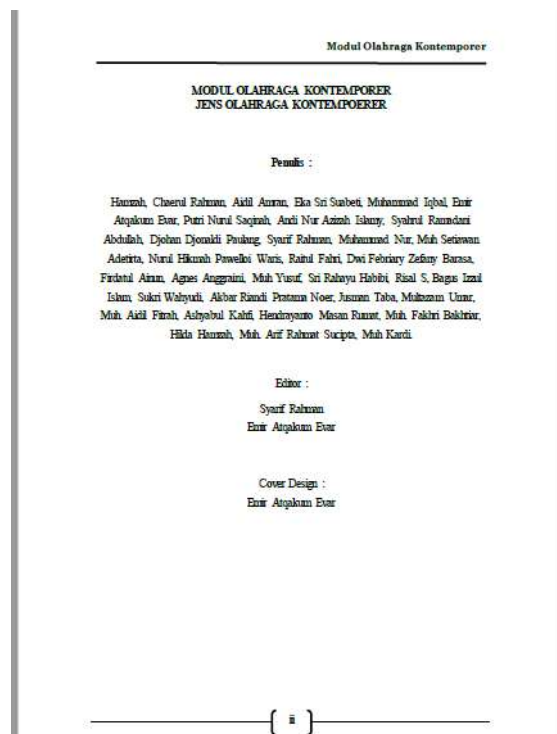
43. CONTEMPORARY ISSUES IN HEALTH AND SPORTS

FINAL PROJECT 2022/2023: WRITING A BOOK

The final exam is in the nature of compiling the results of the analysis that has been carried out by students during field surveys and analysis during lectures related to contemporary sports. The task becomes a model book which is composed of the results of the survey and analysis of each student. an example of the final project results will be available in the attachment to this module handbook.



Picture 2. Sample of Cover for Final Exam



Picture 3. Author Name of Final Project Book

44 . TALENT IDENTIFICATION AND DEVELOPMENT IN SPORTS

Final Examination 2022/2023

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Name:

Student ID:

First Exam

1. In your opinion, what is the definition of gifted children in general and specifically?
2. Explain the meaning of talent scouting in sports and give concrete examples in sports?
3. Please analyze the identification of sports talent and characteristics (characterization) on the basis of abilities brought from birth that can underlie sports skills?
4. Please analyze the shape and composition of talented athletes according to their sport?
5. Why is the role of parents and coaches so important in developing children's talent in sports?

Second Exam

Question Number 1

CIBI children are children who have a level of intelligence and talent above the average which is categorized using a certain measurement. Mention 5 characteristics of CIBI children and examples?

Question Number 2

Talent scouting instruments must be specific and adapted to each sport, the development of which is carried out using two approaches. Mention the two approaches and what is their relationship with genetic factors?

Question Number 3

To identify talent, which in turn is expected to be able to find prospective athletes who can achieve high achievements in sports. It is necessary to develop psychobiological criteria. The use of scientific criteria in the process of identifying prospective athletes has several advantages. List and explain some of these advantages?

Question Number 4

A person's talent in sports is an ability that is associated with the attitude and shape of a person's body. In carrying out talent scouting can be taken 4 steps. Name and explain the 4 steps and give an example?

Question Number 5

The theory of somatotypes states that in general, humans are divided into three categories of physical form and are classified according to three types of layers, namely endoderm, mesoderm and ectoderm. These three terms have formed the terms ectomorph, endomorph and mesomorph. Please analyze and describe these three terms?

Question Number 6

To be able to excel in sports is not easy. If we already feel that our child is talented, we should be able to compare children out there who are more talented and train hard so that they can also achieve optimally. Please analyze what factors support the achievement of gifted children in sports?

Question Number 7

Talent scouting can be done through:

- 1) Special selection of the sport in question.
- 2) Special competition.
- 3) Week of sports.

Please analyze in depth the 3 talents scouting above

Question Number 8

The supporting factors for talent identification, namely Kunst and Florescu (1971), divide three main factors for talent identification namely; (1) motor capacity, (2) psychological capacity, and (3) biometric qualities. Explain the three identification of talents and give examples?

Question Number 9

Please analyze what aspects support child talent scouting in terms of psychological aspects?

Question Number 10

According to Bloom (Reigner et al 1993) a child's sports career is divided into three stages, namely the early stages of development and the perfect stage. Describe the three stages and give examples?

45. ENGLISH FOR SPORT AND HEALTH SCIENCES

FINAL PROJECT:

WRITE A BIOGRAPHY OF A RENOWNED ATHLETE OF YOUR CHOICE (PROJECT BASED LEARNING).

Instructions:

1. **Choose a notable athlete:** Select an athlete from any sport who has had a significant impact on their sport or achieved remarkable success.
2. **Research:** Gather information about the athlete's early life, career milestones, major achievements, challenges faced, and their contributions to the sport.
3. **Structuring the biography:** Organize your writing into different sections, such as early life, introduction to the sport, breakthrough moments, career highs and lows, personal life, and legacy.
4. **Language usage:** Pay attention to your language usage. Use appropriate grammar, vocabulary, and sentence structure to make the biography engaging and coherent.
5. **Personal touch:** Add some personal anecdotes or quotes from the athlete to make the biography more authentic and relatable.
6. **Proofreading:** After completing the biography, revise and proofread it for any errors in spelling, grammar, or punctuation.

Example (athlete chosen: Serena Williams, the renowned tennis player):

Title: Serena Williams - The Unstoppable Force on the Tennis Court

Introduction: Serena Williams, born on September 26, 1981, in Saginaw, Michigan, is a name synonymous with dominance in the world of tennis. Her relentless pursuit of excellence and her unwavering determination have propelled her to the pinnacle of the sport, leaving a lasting legacy that transcends tennis.

Early Life and Introduction to Tennis: Growing up in a modest family, Serena was introduced to tennis at a young age by her father, Richard Williams. Under his guidance, along with her sister Venus Williams, Serena started honing her skills on the public courts of Compton, California. From a young age, it was evident that Serena possessed an innate talent and unmatched competitive spirit.

Breakthrough Moments: Serena's breakthrough moment came in 1999 when, at just 17 years old, she won her first Grand Slam singles title at the US Open. This victory marked the beginning of an illustrious career that would see her dominate women's tennis for years to come. With her powerful serve, lightning-quick footwork, and unparalleled mental fortitude, Serena became a force to be reckoned with on the court.

Career Highs and Lows: Throughout her career, Serena has amassed an astonishing 23 Grand Slam singles titles, cementing her as one of the greatest tennis players of all time. Her fierce rivalry with her sister Venus, her battles against other tennis legends like Maria Sharapova and Justine Henin, and her epic matches against newcomers like Naomi Osaka have provided tennis fans with unforgettable moments.

However, Serena's journey to greatness has not been without obstacles. She has faced injuries, personal challenges, and critics who doubted her abilities. Despite the setbacks, Serena's indomitable spirit has always led her to rise above adversity and return stronger than ever.

Personal Life: Beyond the tennis court, Serena is a philanthropist and an advocate for gender and racial equality. Her determination to break barriers and fight for what she believes in has inspired countless people around the world.

Legacy: As Serena Williams continues to compete at the highest level, her legacy as a trailblazer and a sporting icon remains intact. Her impact on the sport of tennis and her influence on future generations of athletes will be felt for decades to come.

Conclusion: In the annals of tennis history, Serena Williams' name will forever be etched as the epitome of greatness. Her journey from humble beginnings to becoming an unparalleled force on the tennis court serves as an inspiration to athletes and dreamers alike. Serena's story reminds us that with passion, dedication, and a belief in oneself, one can overcome any obstacle and leave an indelible mark on the world of sports.

Note: When working on this task, remember to tailor the language complexity and depth of information to your language proficiency level and the intended audience.

FINAL EXAMINATION 2022/2023

CASE STUDY EXAM (ENGLISH FOR SPORT)

Instructions: Read each case study carefully and answer the questions that follow. Provide detailed and well-structured responses. Ensure that your answers are coherent and demonstrate a strong command of the English language. Write your answers in full sentences.

Case Study 1: Football Team Dynamics

You are a language consultant for a football team with players from different countries. The team has been experiencing communication issues, affecting their on-field performance. Analyze the situation and provide suggestions to improve team dynamics and communication.

Questions:

1. What do you think could be the main communication challenges faced by the football team?
2. How would you encourage the players to overcome language barriers and foster better communication?
3. Give three specific strategies that the team can implement to enhance their on-field communication and coordination.

Case Study 2 (Ethical Dilemma in Sports)

A university's athletics department is facing an ethical dilemma. One of their star athletes has been accused of using performance-enhancing drugs, but concrete evidence is lacking. The media is putting pressure on the university to take action. Examine the situation and provide your insights on how the university should handle this sensitive issue.

Questions:

1. What are the potential consequences of mishandling this ethical dilemma for the university, the athlete, and the reputation of sports?
2. How can the university conduct a fair investigation without causing harm to the athlete's reputation?
3. What steps should the university take to prevent such ethical dilemmas in the future and maintain a clean sports environment?

Case Study 3 (Sports and Cultural Sensitivity)

An international sports event is taking place, bringing together athletes from various countries and cultural backgrounds. However, there have been incidents of cultural insensitivity and misunderstandings among participants. As an event organizer, explain how you would address these issues to ensure a harmonious and respectful atmosphere.

Questions:

1. What might be some reasons behind the cultural insensitivity incidents during the event?
2. How can you educate athletes and event staff about cultural diversity and sensitivity before and during the event?
3. Provide three practical steps that you would implement to promote cultural understanding and respect among all participants.

46. CIVIC EDUCATION

FINAL PROJECT: CASE STUDY

Instructions: Here are a few examples exploring the concept of nationality in Indonesia within a civic education course:

1. Unity in Diversity (Bhinneka Tunggal Ika):

- Scenario: Explore how Indonesia, with its diverse ethnicities, languages, and cultures, manages to maintain national unity. Discuss the national motto "Bhinneka Tunggal Ika," which translates to "Unity in Diversity."
- Discussion Points: How does Indonesia celebrate and preserve its cultural diversity while fostering a sense of national identity? What role do national symbols, such as the flag and national anthem, play in unifying the diverse population?

2. Pancasila as the Foundation of Nationality:

- Scenario: Examine the five principles of Pancasila, the philosophical foundation of the Indonesian state. Discuss how these principles contribute to the development of a national identity.
- Discussion Points: How do the principles of Pancasila promote social justice, democracy, and national unity? Explore case studies that illustrate how Pancasila has been applied in resolving social and political issues.

3. The Role of National Heroes:

- Scenario: Study the lives and contributions of Indonesian national heroes, such as Sukarno, Hatta, and Kartini. Analyze how their actions and beliefs have shaped the nation's identity.
- Discussion Points: What qualities make someone a national hero? How do these heroes embody the values and aspirations of the Indonesian nation? Discuss the impact of their legacies on contemporary civic life.

4. Civic Engagement in Local Communities:

- Scenario: Investigate grassroots initiatives that promote civic engagement at the local level. This could include community projects, cultural events, or environmental conservation efforts.
- Discussion Points: How do these local initiatives contribute to a sense of national identity? How can civic engagement at the community level strengthen the overall fabric of the nation? Discuss the importance of active citizenship in shaping the nation.

5. Ethnic and Religious Harmony:

- Scenario: Explore instances where different ethnic and religious groups work together to promote harmony. Highlight examples of interfaith dialogue and cooperation.
- Discussion Points: How does Indonesia manage to maintain peace and cooperation among diverse religious and ethnic communities? What challenges exist, and how can they be addressed to ensure continued harmony?

47. INDONESIAN LANGUAGE

Final Examination 2022/2023

Section 1: Reading Comprehension

Instructions: Read the following passage and answer the questions that follow. *Pasar Traditional Indonesia*

Pasar tradisional Indonesia adalah tempat di mana masyarakat membeli kebutuhan sehari-hari. Biasanya, pasar tradisional di Indonesia terdiri dari berbagai lapak yang menjual aneka produk mulai dari sayur-mayur, buah-buahan, daging, ikan, hingga pakaian dan kerajinan tangan. Namun, dengan adanya perkembangan supermarket modern, beberapa pasar tradisional mengalami tantangan dalam menjaga eksistensinya.

1. Jelaskan peran pasar tradisional dalam kehidupan sehari-hari masyarakat Indonesia.
2. Apa tantangan utama yang dihadapi oleh pasar tradisional?

Section 2: Writing

Instructions: Write an essay (200-250 words) on the topic "Perkembangan bahasa Indonesia di Era Digital" (The Development of the Indonesian Language in the Digital Era). Include the impact of technology on language use, challenges, and opportunities.

Section 3: Listening Comprehension

Instructions: Listen to the audio recording of a conversation between two people discussing their travel experiences. Answer the questions that follow.

Audio Script available.

1. Where did the speakers travel to?
2. What interesting experiences did they have during their trip?

Section 4: Speaking

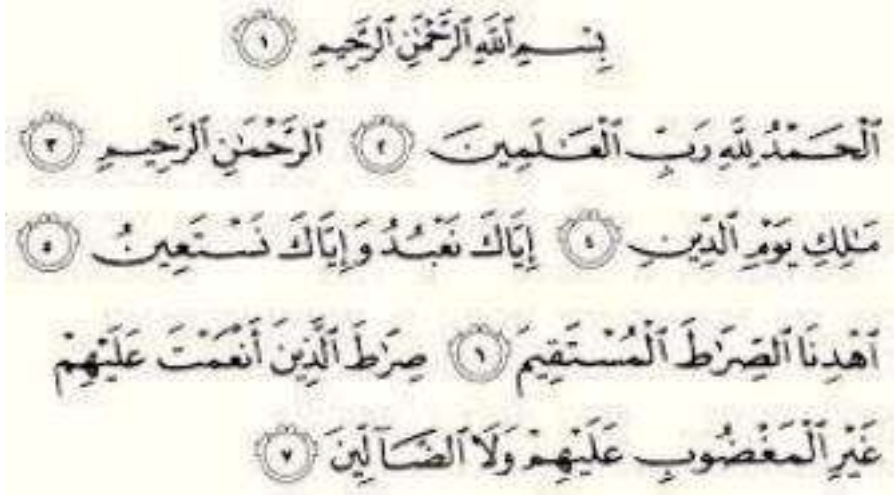
Instructions: In pairs, discuss and present a short dialogue (3-5 minutes) on the topic "Kegiatan Sosial di Kampus" (Social Activities on Campus). Include information about different social events, their importance, and how they contribute to the overall college experience.

48. RELIGION EDUCATION

Final Examination 2022/2023

Section 1: Reading Comprehension

Instructions: Read the following passage and answer the questions that follow.



What surah is in the picture above? And how it applies to diversity in Indonesia 2. What is the recommended behavior based on this surah?

Section 2: Writing

Instructions: Write an essay (200-250 words) Write any surah that describes diversity in Indonesia.

Section 3: Listening Surah

Instructions: Listen to the audio recording of surah. Answer the questions that follow.

1. What surah are you listening to?
2. What is the next surah after that?

Section 4: Speaking

Instructions: Say this sentence "ASYHADU ALLA ILAHA ILLALLAH WAHDAHU LAA SYARIKALAH WA ASYHADU ANNA MUHAMMADAN 'ABDUHU WAROSULUH". Then explain what is relevant to the sentence at this time!

49. PANCASILA EDUCATION

Final Examination for Pancasila Course 2022/2023

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Name:

Student ID:

1. If there is a group of masses who use the name of Pancasila to persecute other groups, what arguments do you cite against this?
2. Provide an explanation of why Pancasila is considered the most suitable ideology for Indonesia?
3. Case study: a candidate for governor said that a surah in the Koran was wrong, then the masses were angry about this. In your opinion, how many violations were committed in this case?