



NOVEMBER SUPPLEMENTARY EXAMINATION

PROGRAMME : HUMAN MOVEMENT STUDIES
SUBJECT NAME : SPORT AND PHYSICAL RECREATION
SUBJECT CODE : SPR 22B2
DATE : DECEMBER 2014
DURATION : 2 HOURS
TOTAL MARKS : 100

EXAMINER : ANNELINE LEWIES, SIZE VARDHAN, HEATHER MORRIS-EYTON

MODERATOR : LYNN VAN ROOY

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1

Select your correct response from column B that matches the word or statement from column A. On your answer sheet write down the numbers 1 to 12 and next to each number, the letter of the correct response. (12)

Column A		Column B	
1	Belonging	A	Actual biological age
2	Developmental age	B	What you can do with what you know
3	Non-regulated substances	C	The skillful movement of the body and its parts at the same time
4	Positive Behaviour Management	D	Moral principles governing or influencing conduct
5	Safety checklist	E	Caring and being cared for
6	Coordination	F	Control of the body and its parts
7	Involve parents	G	Physical, emotional, social and cognitive age compared to that of a typical child of that age
8	People with disabilities	H	Listens and resolves issues
9	Agility	J	Homeopathic preparations
10	Chronological age	K	Share expectations
11	Competence	L	Training and competition partner
12	Ethics	M	Supervise all activities closely

QUESTION 2

Identify and name the 10 key factors in the Long-Term Athlete Development. (10)

QUESTION 3

List the eight (8) factors that constitute a doping offence. (8)

QUESTION 4

List the seven (7) stages of LTAD (LTPD) Model as proposed by Istvan Balyi and the proposed age groups for each stage as well as the two additional stages for people with disabilities and give an example. (18)

QUESTION 5

List the four (4) signs of abuse within the sporting environment and give two (2) examples of each sign. (12)

QUESTION 6

Identify and describe the 10 steps in the procedures and systems, code of behaviour and communication necessary in safeguarding children in the sporting environment. (20)

QUESTION 7

Explain the terms fixed and growth mindset in detail with reference to intelligence, desire, effort, criticism, success, achievement and general views. (20)

TOTAL: 100 MARKS

