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**UNIVERSITY
OF
JOHANNESBURG**

JUNE EXAMINATION

PROGRAM : HUMAN MOVEMENT STUDIES
SUBJECT NAME : PHYSICAL EDUCATION (FET PHASE)
SUBJECT CODE : HMS EA01
DATE : JUNE 2016
DURATION : TWO (2) HOURS
TOTAL MARKS : 100 MARKS

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MODERATOR : PROF. C. ROUX
NUMBER OF PAGES : FIVE (5) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL QUESTIONS

SECTION A – MOTOR LEARNING AND DEVELOPMENT [35 MARKS]**QUESTION 1**

Match column A with the correct answers in column B

Column A	Answer	Column B
1. Motor pattern		1. perception and action occur at the same time
2. Motor control		2. result of permanent changes
3. Ecological theory		3. neural, physical and behavioural aspects of movement
4. Dynamic systems theory		4. based on situational and time demands of the task
5. Spatial awareness		5. act of executing a skill
6. Motor learning		6. awareness of the size of the body and its position in relation to others
7. Body awareness		7. indicator of motor learning
8. Learning		8. movement is characterised by self organising processes
9. Consistency		9. know how to effectively move the body
10. Performance		10. acquisition of motor skill

QUESTION 2 (10 MARKS)

Previous movement experiences can influence the ability to perform a skill.

2.1 Distinguish between positive, negative and zero transfer of learning. (9)

2.2 Explain what a linear performance curve indicates. (1)

QUESTION 3 (15 MARKS)

Movement characteristics are used to indicate that motor learning has occurred.

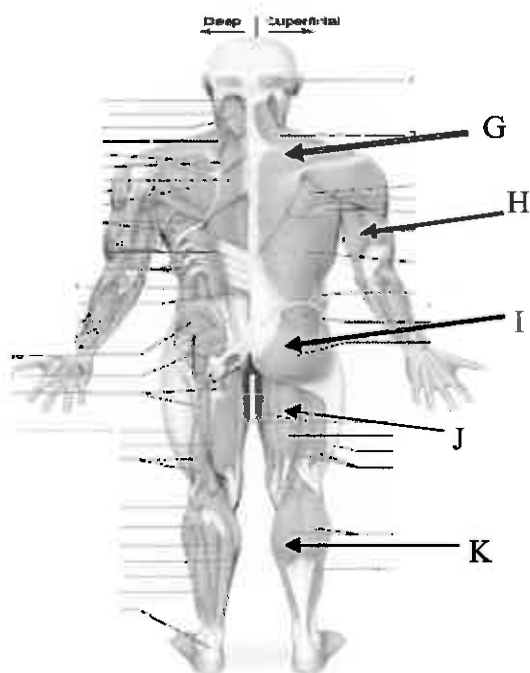
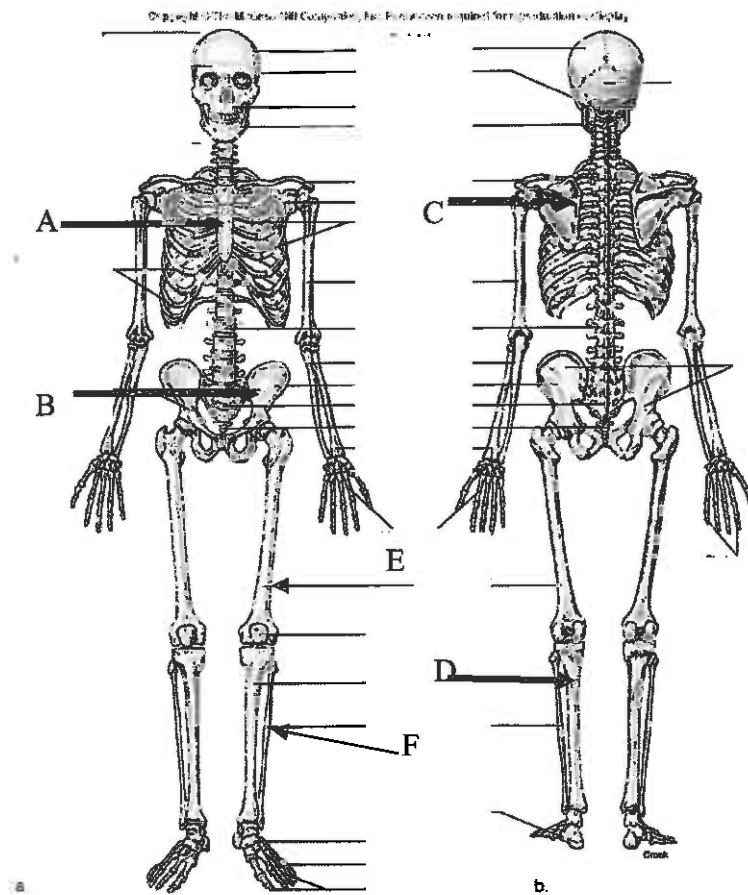
3.1 List and briefly explain the indicators of motor learning. (12)

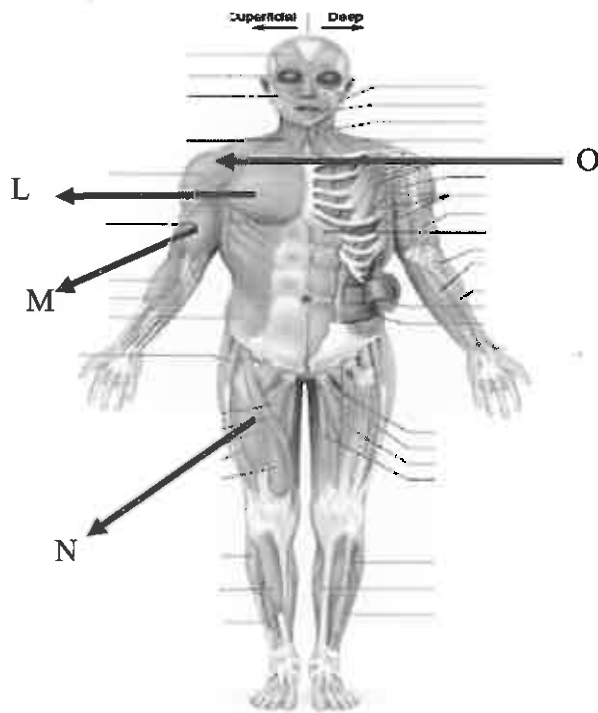
3.2 A skill that has a definite beginning and end is known as a [a-l]. (1)

3.3 A [b] skill has predictable surroundings, whilst a [c] skill has various situational demands. (2)

SECTION B: ANATOMY AND PHYSIOLOGY [30 MARKS]**QUESTION 4 (15 MARKS)**

1. Label the following diagrams.





QUESTION 5 (10 MARKS)

- 5.1 [a] is the decrease in the joint angle
- 5.2 [b] happens when you straighten your leg
- 5.3 Any upward movement is known as [c]
- 5.4 Inward rotation is also known as [d] rotation
- 5.5 Movement away from the body is [e]
- 5.6 Plantarflexion is [f]
- 5.7 There are [g] cervical vertebrae which facilitate the [h] of the head.
- 5.8 Moving your trunk to the side is also known as [i]
- 5.9 The full revolution of a limb around a joint is [j]

QUESTION 6 (5 MARKS)

- 3.1 List the three energy systems in the body and explain time frame as to when they come into play to provide the body with energy

SECTION C: OUTDOOR EDUCATION [35 MARKS]

QUESTION 7 (6 MARKS)

Explain the three different teaching formations used when teaching outdoors.

QUESTION 8 (5 MARKS)

Character development has a natural connection with the outdoors. List 5 character qualities that could be introduced through outdoor education.

QUESTION 9 (24 MARKS)

You have organized to take your class on an outdoors excursion.

8.1 Describe one objective you could have for your trip. (2)

8.2 List and explain the 6 stages of experiential teaching you will use for your learners. (18)

8.3 Explain how you could use a grid for reflection. (4)

TOTAL: 100