

PLEASE DO NOT PRINT; THIS IS AN ELECTRONIC EXAM



SUPPLEMENTARY EXAMINATION

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

EXAMINER : MS. H. MORRIS-EYTON
MODERATOR : PROF. C. ROUX
NUMBER OF PAGES : FIVE (5) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL QUESTIONS

SECTION A – Motor learning and development [Total marks: 35]

QUESTION 1 (10 marks)

Match column A with the correct answers in column B

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

QUESTION 2 (10 marks)

Define the following and give an example of each:

1. continuous movement skill
2. closed skill
3. open skill
4. serial movement skill
5. closed loop control

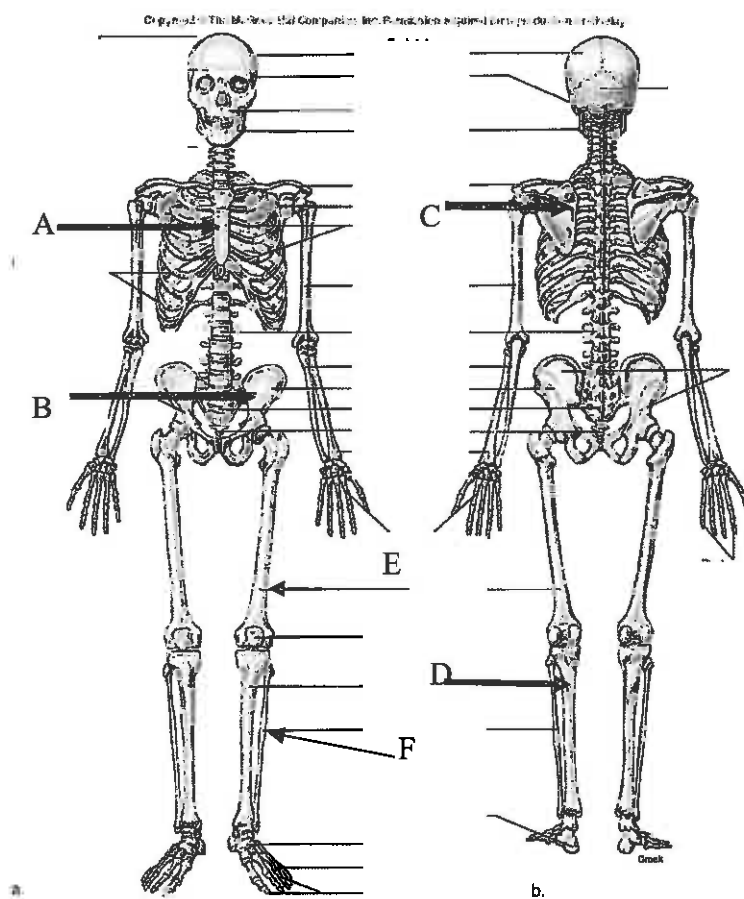
QUESTION 3 (15 marks)

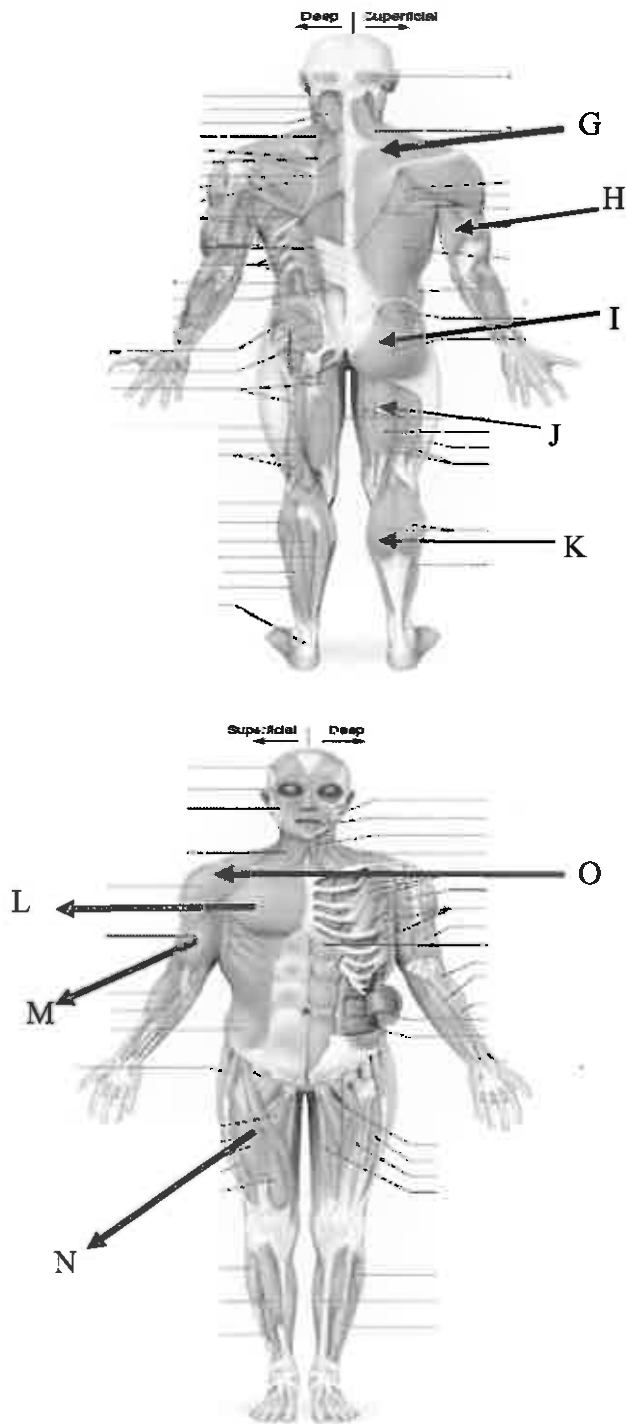
You are teaching hopping to a group of learners. Explain how movement characteristics can be used to indicate that motor learning has occurred.

SECTION B: Anatomy & Physiology [Total marks:30]

QUESTION 4 (15 marks)

1. Label the following diagrams.





QUESTION 5 (15 marks)

- 5.1 List the 3 energy systems in the body (3 marks)
- 5.2 Define power (2 marks)
- 5.3 What does BMI mean? (1 mark)
- 5.4 [a – hypokinetic] disease is associated with inactivity (1 mark)
- 5.4 Explain the difference between adduction and abduction (2 marks)
- 5.5 Name 2 components of physical fitness (2 marks)
- 5.6 [a] is turning the foot towards the midline whilst [b] turns the foot away from the [c] (3 marks)
- 5.7 [a] is the opposite of flexion (1 mark)

SECTION C: Outdoor Education [Total marks:35]

QUESTION 6 (15 marks)

Discuss the teacher's role during the development of collateral learning.

QUESTION 7 (16 marks)

Character development has a natural connection with the outdoors. List and explain 8 character qualities that could be introduced through outdoor education.

QUESTION 8 (4 marks)

You have organised to take your class on an outdoors excursion. Explain how you could use a grid for reflection purposes at the end of your lesson. **(4 marks)**