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NOVEMBER EXAMINATION

PROGRAMME : **HUMAN MOVEMENT STUDIES**
MODULE NAME : **SPORT AND PHYSICAL RECREATION**
MODULE CODE : **SPR 22B2**
DATE : **30 NOVEMBER 2016**
DURATION : **TWO (2) HOURS**
TOTAL MARKS : **100 MARKS**

EXAMINER : **DR H. MORRIS-EYTON**
MODERATOR : **MS L. VAN ROOY**
NUMBER OF PAGES : **THREE (3) PAGES**

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL THE QUESTIONS.

QUESTION 1

Match column A with the correct answers in column B. [10]

Column A	Answer	Column B
A. Chronological age		1. Kaizen effect
B. Relative age		2. optimal sport specific competition ratio's
C. Developmental age		3. physical, mental, cognitive and emotional maturity
D. Skeletal age		4. number of years since the athlete specialised in one sport
E. Reduction in relative age effect		5. mastering basic fundamental movement skills and foundational sport skills
F. LTPD		6. difference in age among children born in the same year
G. All stages of LTPD		7. maturity of skeleton based on bone development
H. sport specific training age		8. base age groupings on 9, 18 or 30 month
I. physical literacy		9. number of years + days elapsed since birth
J. Continuous improvement		10. based on maturity

QUESTION 2

2.1 Deciding to organise any event requires systematic planning. You are the organiser of THE UJ FUN RUN to assist with fundraising for #feesmustfall. Using the organogram given:

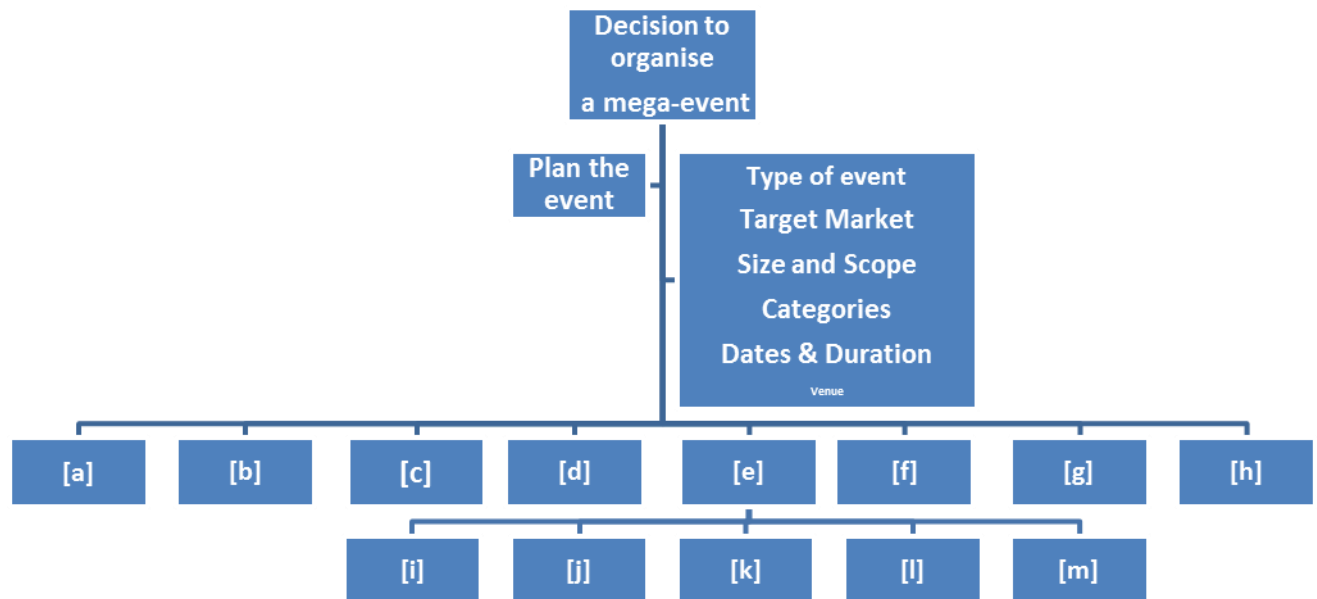
2.1.1. Complete the type of event, the target market, the size and scope as well as the duration and venue of the event. [6]

2.1.2. Explain in detail what is required in each box (a-m) of your organogram. At least 3 functions per box is required. [39]

2.2 You are a manager of the Mr. Price running team who will be taking part in this event. You will be travelling from Cape Town to participate.

2.2.1 List and explain six (6) roles you would have as the team manager. [18]

2.2.2 Describe all the pre-planning required for this tour to take place. [7]



QUESTION 3

Discuss twelve (12) characteristics of effective team management required by team managers.

[20]

TOTAL: 100 MARKS