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SUPPLEMENTARY EXAMINATION

PROGRAM : HUMAN MOVEMENT STUDIES
MODULE NAME : PERCEPTUAL MOTOR LEARNING
MODULE CODE : PMB01Y2
DATE : 10 JANUARY 2018
DURATION : 2 HOURS 30 MINUTES
TOTAL MARKS : 100 MARKS

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MODERATOR : PROF L LATEGAN
NUMBER OF PAGES : SEVEN (7) PAGES

INSTRUCTION TO CANDIDATES:

PLEASE MAKE SURE YOU HAVE THE COMPLETE PAPER
ANSWER ALL THE QUESTION

QUESTION 1 (20 MARKS)

Define the following terms and give an appropriate example of each

- 1.1 Physiological maturation
- 1.2 Body scaling
- 1.3 Newton's third law of motion
- 1.4 Proximodistal
- 1.5 An infantile reflex
- 1.6 Jumping
- 1.7 Sensation
- 1.8 Significant others
- 1.9 Knowledge base
- 1.10 Spatial perception

QUESTION 2 (10 MARKS)

Choose the correct answer

2.1 Select the best word to describe Newell's model of constraints.

- a. change
- b. constant
- c. dynamic
- d. interaction
- e. individualistic

2.2 In running, the lower body twists one way and the upper body twists the opposite way. This movement pattern creates a(n) _____ amount of force.

- a. lower
- b. greater
- c. equal

2.3 Which of the following is characteristic of motor milestones?

- a. They represent an intertask sequence.
- b. They are specific achievements leading to general achievements.
- c. They occur in a predetermined sequential order.
- d. *a* and *b*
- e. *a*, *b*, and *c*

2.4 Action in which of the following body components is characteristic of early kicking?

- a. trunk action
- b. leg action
- c. arm action
- d. *a* and *b*
- e. *b* and *c*

2.5 Which of the following are considered environmental constraints on motor development ?

- a. social expectations
- b. cultural norms
- c. early stimulation or deprivation
- d. *a* and *b*
- e. *a*, *b*, and *c*

2.6 Which of the following is characteristic of proficient catching?

- a. pointing the fingers upward to catch a high ball
- b. pointing the fingers upward to catch a low ball
- c. letting the shoulders and elbows move to give with contact of the ball
- d. *a* and *c*
- e. *b* and *c*

2.7 Theoretically, one can manipulate _____ constraints. Practically speaking and on a day-to-day basis, however, educators cannot change children's _____ constraints. (1/2 MARK EACH)

- a. all; functional
- b. some; functional
- c. all; structural
- d. some; structural

2.8 In a rehabilitation setting, the environment can be structured to be more ecologically valid, or more like a _____.

- a. clinical setting
- b. real world setting
- c. laboratory setting
- d. hospital setting

2.9 Who tends to organize their knowledge in relation to the goal of a game?

- a. novices
- b. experts
- c. both novices and experts

2.10 Researchers have found that for girls, the parent who influenced behavior most was their

- a. mother
- b. father
- c. mother and father equally
- d. more physically active parent

QUESTION 3 (12 MARKS)

State whether the following statements are true or false.

3.1 Girls begin their adolescent growth spurt approximately 2 years before boys.

- a. True
- b. False

3.2 Adults sometimes use light touch of a surface to aid balance. Infants do the same but only after they have acquired some walking experience.

- a. True
- b. False

3.3 All adults eventually become efficient runners and demonstrate an advanced running pattern.

- a. True
- b. False

3.4 In overarm striking, the upper arm (humerus) lags behind the trunk, but the racket precedes the forearm at ball contact.

- a. True
- b. False

3.5 Posture can affect the reaching behaviour observed in infants.

- a. True
- b. False

3.6 At one time, Paralympic athletes may have been labeled as disabled.

- a. True
- b. False

3.7 An infant's motor development is generally not affected by its gender.

- a. True
- b. False

3.8 Video game systems such as Nintendo and Playstation promote a physically active lifestyle.

- a. True
- b. False

3.9 Active older adults do not slow down in their responses as much as inactive older adults do.

- a. True
- b. False

3.10 A discrete analysis is an evaluation of how a particular task or skill is accomplished, focusing on critical components that influence movement.

- a. True
- b. False

3.11 An individual's self-esteem may fluctuate a little but will stay fairly constant across the life span.

- a. True
- b. False

3.12 In terms of influencing the type of sports an individual chooses to play, peers provide a stronger influence on team sports than on individual activities.

- a. True
- b. False

QUESTION 4 (10 MARKS)

Please fill in the blanks

4.1 The study of motor behavior changes as a continuous age-related process is called _____.

4.2 Growth in the fetal stage is by hyperplasia (an increase in the absolute number of cells) and by _____ (an increase in the relative size of an individual cell).

4.3 Principles of _____ and _____ act on all movements and movers. As movers become more proficient at skills, they often use these principles to their advantage. (1/2 MARK EACH)

4.4 Young children often use a _____ grip to hold the implement used in a striking task, thus tending to undercut the ball.

4.5 Individuals with low self-esteem feel that the outcome of a game is _____.

4.6 Parents, friends, and siblings are best described as _____ when they influence an individual's motor development.

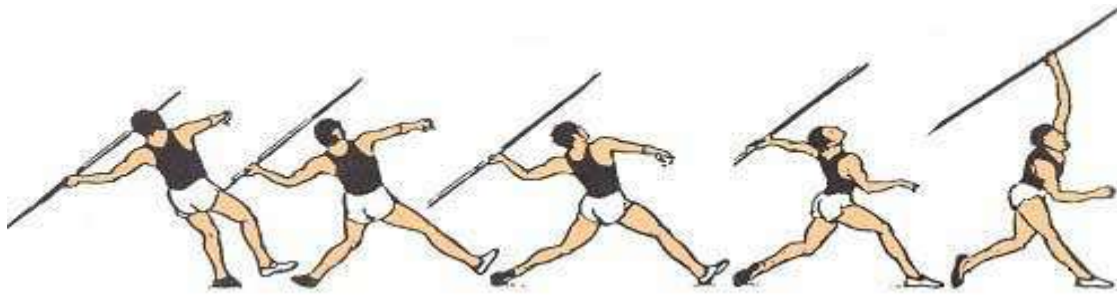
4.7 Children tend to attribute success in sport to _____ rather than _____. (1/2 MARK EACH)

4.8 Factual information is called _____ knowledge.

QUESTION 5

(10 MARKS)

Look at the picture below.



1. Describe four (4) movements involved in throwing a javelin [4]
2. Apply the movements described in question 1 to various principals of motion [4]
3. Name two elements that are essential to the open kinetic chain of movements [2]

QUESTION 6 (6 MARKS)

Describe the interrelated factors that affect adult exercise participation, according to Duda and Tappe.

QUESTION 7 (4 MARKS)

Compare visual figure-and-ground perception and auditory figure-and-ground perception.

QUESTION 8 (4 MARKS)

Describe what it means to state that constraints can be adjusted to help "push" movers to a different movement pattern. Provide one specific example.

QUESTION 9 (20 MARKS)

Basketball is a very popular team sport in the U.S. Two teams of five tall players each try score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played outdoors in summer. The ball is moved down the court toward the basket by passing or dribbling. There are two teams playing. One male and one female team. The team consists of mixed race with all their family members in the crowd motivating and cheering on.

8.1 By using one Theoretical construct, explain in detail what happens when a player wants to shoot the ball into the hoop and motivate why you chose the specific theoretical construct. [10]

8.2 Identify the following from the above-mentioned scenario

[10]

8.2.1 Individual constraints

8.2.2 Task constraints

8.2.3 Environment constraints

QUESTION 10 (10 MARKS)

List the five steps that were suggested by Carr to detect and correct errors when coaching or teaching motor skills and briefly explain each. (10)

TOTAL: 100 MARKS