

PLEASE DO NOT PRINT; THIS IS AN ELECTRONIC EXAM



JUNE EXAMINATION

PROGRAM : HUMAN MOVEMENT STUDIES
MODULE NAME : PHYSICAL EDUCATION
MODULE CODE : HMSEA01
DATE : 3rd JUNE 2017
DURATION : TWO (2) HOURS
TOTAL MARKS : 100 MARKS

EXAMINER : Dr. H. Morris-Eyton
MODERATOR : Prof. C. Roux

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1: 10 marks

Question

Previous movement experiences can influence the ability to perform a skill. Distinguish between positive, negative and zero transfer of learning. Give an example of each.

QUESTION 2: 10 marks

Question

Define the following and give an example of each.

Continuous movement skill

Closed skill

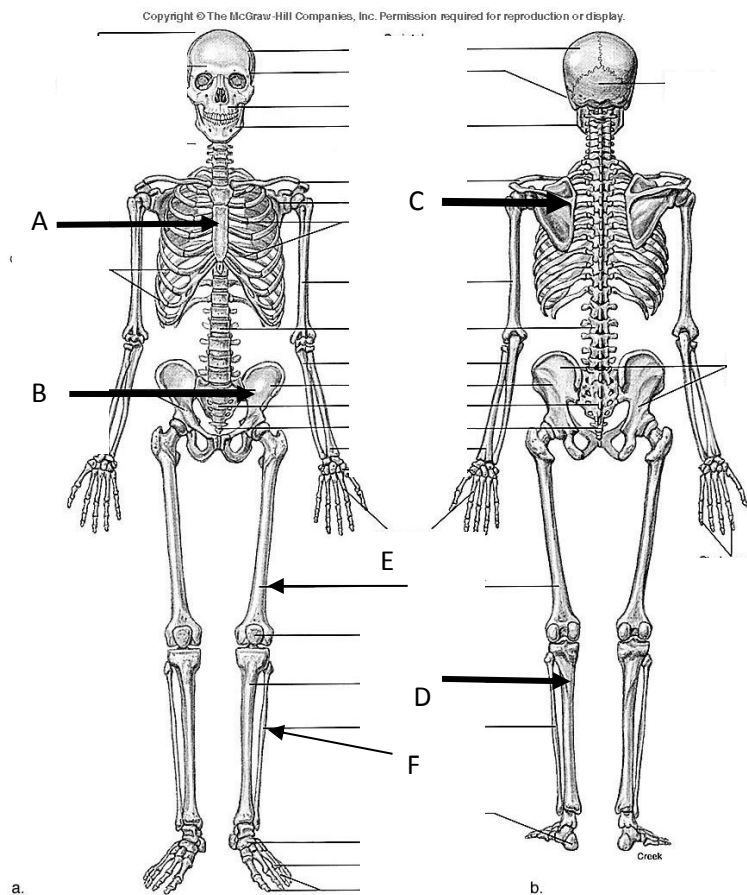
Open skill

Serial movement skill

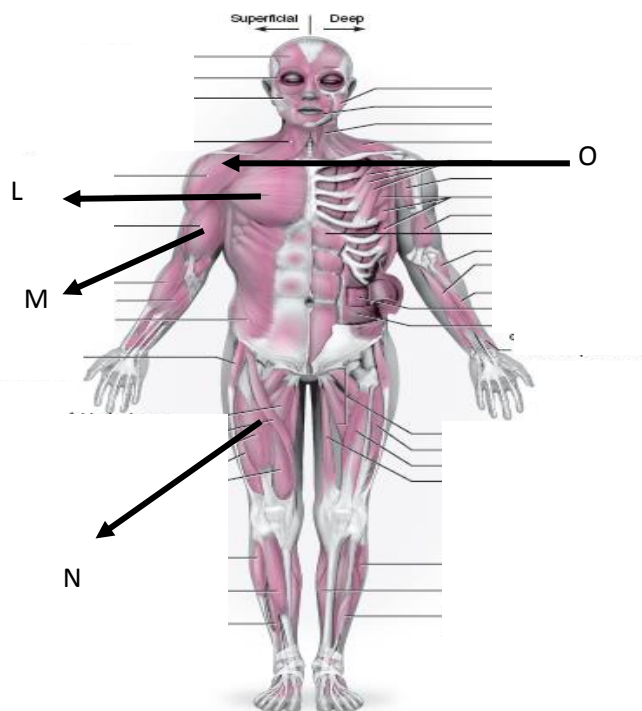
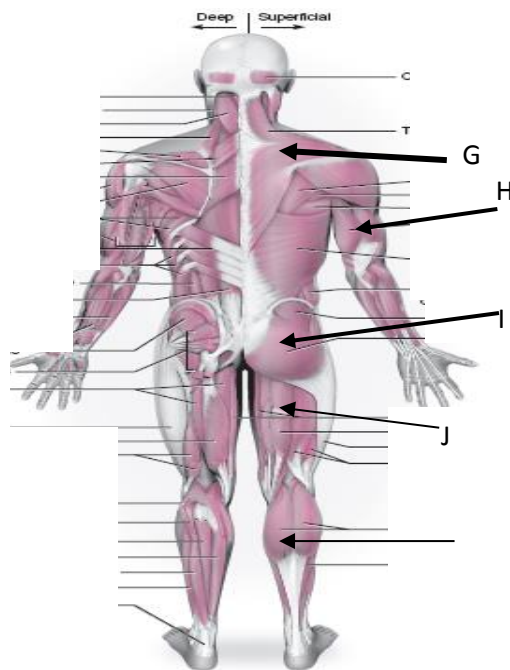
Closed loop control

QUESTION 3: 6 marks

1. Label the following diagrams.



QUESTION 4: 9 marks



QUESTION 5: 10 marks

Question [a] is the decrease in the joint angle.

[b] happens when you straighten your leg.

Any upward movement is known as [c].

Inward rotation is also known as [d] rotation.

Movement away from the body is [e].

Plantarflexion is [f].

There are [g] cervical vertebrae which facilitate the [h] of your head.

Moving the trunk to the side is also known as [i].

The full revolution of a limb around a joint is known as [j].

QUESTION 6: 1 mark

Question What does BMI mean?

QUESTION 7: 1 mark

Question [a] disease is associated with inactivity

QUESTION 8: 2 marks

Question Explain the difference between adduction and abduction.

QUESTION 9: 3 marks

Question Name 3 components of physical fitness.

QUESTION 10: 15 marks

Question Explain the difference between small group learning and independent practice

QUESTION 11: 20 marks

Question You are taking a class of 20 learners outside for a fitness lesson. Explain in detail how you would manage the behaviour of the learners.

TOTAL: 100 MARKS