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**JUNE EXAMINATION**

**PROGRAM** : **HUMAN MOVEMENT STUDIES**  
**MODULE NAME** : **PERCEPTUAL MOTOR LEARNING**  
**MODULE CODE** : **SPP03A3 / MBK3A01/HMS1AA3**  
**DATE** : **5 JUNE 2017**  
**DURATION** : **TWO (2) HOURS**  
**TOTAL MARKS** : **100 MARKS**

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**MODERATOR** : **MRS D VISAGIE**

**NUMBER OF PAGES** : **SEVEN (7) PAGES**

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**INSTRUCTION TO CONDIDATES:**

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

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**QUESTION 1**

**(20 MARKS)**

**Define the following terms and provide an appropriate example for questions (1.1 till 1.5).**

- 1.1 Locomotor skills (2)
- 1.2 Static visual acuity (2)
- 1.3 Task complexity (2)
- 1.4 Skills (2)
- 1.5 Open motor skills (2)
- 1.6 Intrinsically motivated (2)
- 1.7 Performance goals (2)
- 1.8 Deliberate practice (2)
- 1.9 Descriptive feedback (2)
- 1.10 Hyperplasia (2)

**QUESTION 2**

**(10 MARKS)**

**Choose the correct answer.**

2.1 The action possibilities of the environment and task in relation to the perceiver's own capabilities are called

- a. stimuli
- b. information processing
- c. perception
- d. affordances

2.2 Which of the following is an example of an externally paced motor skill?

- a. golf
- b. bowling
- c. baseball batting
- d. free throw

2.3 At what age do children generally surpass the proficiency barrier?

- a. 5 years
- b. 7 years
- c. 9 years
- d. 11 years

2.4 The ability to see in three dimensions is called

- a. dynamic visual acuity
- b. retinal disparity
- c. depth perception
- d. figure-ground perception

2.5 Decision making in sport is most closely associated with which of the following?

- a. declarative knowledge
- b. procedural knowledge
- c. metacognitive knowledge
- d. metacognitive skills

2.6 "Who am I?" in the social world is a part of which Erikson stage?

- a. basic trust versus mistrust
- b. industry versus inferiority
- c. identity versus role confusion
- d. initiation versus guilt

2.7 Which of the following must be used carefully to increase intrinsic motivation?

- a. promoting achievement
- b. providing positive feedback
- c. promoting goal setting
- d. promoting competition

2.8 Providing verbal praise following a student's performance is usually good practice unless the

- a. praise is not strong enough
- b. praise is unrealistic or insincere
- c. praise occurs without financial reward
- d. *b* and *c*

2.9 Which of the following must be used carefully to increase intrinsic motivation?

- a. promoting achievement
- b. providing positive feedback
- c. promoting goal setting
- d. promoting competition

2.10 Cognitive rehearsal of a physical skill is called

- a. mental practice
- b. imagery
- c. distributed practice
- d. mind over body

**QUESTION 3**

**(5 MARKS)**

**State whether the following statements are true or false.**

3.1 Building a base of fundamental motor skills will likely enable an individual to perform a wide array of similar activities.

- a. True
- b. False

3.2 Social comparison becomes an important issue in Erikson's stage of autonomy.

- a. True
- b. False

3.3 Task organization refers to the relationships among components of a skill.

- a. True
- b. False

3.4 The more frequently feedback is provided following performance attempts, the greater the gains in learning.

- a. True
- b. False

3.5 When learning a new motor skill, individuals progress through a series of stages, regardless of the motor skill or the individual's age.

- a. True
- b. False

**QUESTION 4****(10 MARKS)****Match Column A with Column B**

Serial order problem	Motor control issue that examines the sequencing and timing of movement behaviours.
Narrow internal	Used when one systematically mentally rehearses their planned performance
Aging	The process, occurring with the passage of time, that leads to loss of adaptability or full function and eventually to death
Physiological maturation	A qualitative advance in biological makeup and may refer to cell, organ, or system advancement in biochemical composition rather than to size alone.
Degrees of freedom	Addresses how the system with infinite possibilities of movement can constrain the options to one and produce coordinated motion
Motor development	Field of study that examines the products and underlying processes of motor behaviour changes across the life span
Fundamental motor skills	Begins after the infant can self-feed and walk independently; the focus is then on acquiring fundamental motor skills
Narrow external	Attention required during a response
Body scaling	The process of changing the dimensions of the environment or an environmental object in relation to the structural constraints of a performer.
Affordance	When a person looks at an object, he or she directly perceives the function that the object will allow, based both on his or her body and on the object's size, shape, texture.

**QUESTION 5**

**(5 MARKS)**

**Look at the following picture, using the Fitts and Posner model. Name the stage the learner is in and give 4 (four) general characteristics found in an inexperienced striker.**



**QUESTION 6**

**(8 MARKS)**

**Name the four video feedback learning stages and briefly describe the role of the instructor in each stage.**

**QUESTION 7**

**(7 MARKS)**

**Describe seven (7) ways to increase intrinsic motivation toward physical activity.**

**QUESTION 8**

**(25 MARKS)**

Basketball is a very popular sport in the US. Basketball is a team sport. 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. [7]**

**8.2 Identify the following from the above-mentioned scenario[10]**

8.2.1 Individual constraints

8.2.1 Task constraints

8.2.3 Environmental constraints

**8.3 Looking at the game of basketball identify the types of movements and clearly state why you have made that analysis. [8]**

8.3.1 Movement Precision

8.3.2 Environmental predictability

8.3.3 Time Constrains

8.3.4 Nature of the skill

**QUESTION 9**

**(10 MARKS)**

**Name 10 goal setting principals**

**TOTAL: 100 MARKS**