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**SUPPLEMENTARY EXAMINATION**

**PROGRAM** : HUMAN MOVEMENT STUDIES  
**MODULE NAME** : PERCEPTUAL MOTOR LEARNING  
**MODULE CODE** : SPP03A3 / MBK3A01/HMS1AA3  
**DATE** : 20 JULY 2017  
**DURATION** : TWO (2) HOURS  
**TOTAL MARKS** : 100 MARKS

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**NUMBER OF PAGES** : SIX (6) PAGES

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**INSTRUCTION TO CANDIDATES:**

**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 give an appropriate example of each.**

- 1.1 Stability skills (2)
- 1.2 Figure- ground Perception (2)
- 1.3 Task organization (2)
- 1.4 Abilities (2)
- 1.5 Spatial Awareness (2)
- 1.6 Amotivation (2)
- 1.7 Goal setting (2)
- 1.8 Task Complexity (2)
- 1.9 Prescriptive feedback (2)
- 1.10 Hypertrophy (2)

**QUESTION 2**

**(10 MARKS)**

**Choose the correct answer**

2.1 An individual's motivation to practice is an example of which type of constraint?

- a. structural constraint
- b. functional constraint
- c. task constraint
- d. environmental constraint

2.2 Tasks that require the ability to maintain body position against forces of gravity, which may include other circumstances that increase the difficulty of the task, are termed

- a. manipulative tasks
- b. locomotor tasks
- c. cognitive tasks
- d. stability tasks

2.3 If an individual has incurred an injury or must make some adaptation due to declines resulting from aging, he has entered which stage in the mountain of motor development?

- a. context-specific motor skills period
- b. skilfulness period
- c. compensation period
- d. preadapted period

2.4 Body stature and weight are examples of what type of constraint?

- a. structural constraint
- b. functional constraint
- c. environmental constraint
- d. task constraint

2.5 The ability, or limits, of a person performing several tasks simultaneously is related to which of the following meanings of the term *attention*?

- a. limited information processing capacities
- b. alertness and readiness to respond
- c. selective attention
- d. *a* and *b*

2.6 Which of the following motivation types refers to behaviors that provide a means to an end?

- a. extrinsic motivation
- b. amotivation
- c. intrinsic motivation
- d. self-determined motivation

2.7 Which of the following is associated with improved performance, delayed gratification, and extrinsic motivation?

- a. deliberate practice
- b. structured practice
- c. deliberate play
- d. free play

2.8 When learning new movement skills, beginners usually benefit from which type of attention?

- a. broad
- b. narrow
- c. internal
- d. external

2.9 This part practice method breaks a task into distinct parts, often along the dimension of time

- a. fractionation
- b. segmentation
- c. simplification
- d. cueing

2.10 Which of the following is most effective?

- a. providing prescriptive feedback only
- b. providing descriptive feedback only
- c. providing both descriptive and prescriptive feedback
- d. depends on the skill level of the learner

**QUESTION 3**  
**MARKS)**

**(5**

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

3.1 Providing rewards will always enhance intrinsic motivation.

- a. True
- b. False

3.2 The two types of photoreceptors are called *rods* and *cones*.

- a. True
- b. False

3.3 Figure-ground perception is fully developed at age 5 years.

- a. True
- b. False

3.4 Practice can result in no improvement after 100 days.

- a. True
- b. False

3.5 The reflexive period occurs following birth and continues for approximately two months.

- a. True
- b. False

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

Perceptual-motor integration problem	addresses how perception and motor control are integrated; for example, how movement is affected by perception and, conversely, how perception is affected by movement
Skilfulness period	Acquired after many, many hours of practice and experience; this is the peak of the mountain.
Motor behavior	an umbrella term for the fields of motor development, motor learning, and motor control
General mastery	Imagery that represents effective coping and mastery of challenging situations, for example being confident, being focused
General arousal	Imagery that represents feelings of relaxation, stress, arousal, and anxiety in a situation, for example being relaxed prior to an event
Motor learning	field of study examining the processes involved in the acquisition of a motor skill and the variables that enhance or inhibit an individual's capability to perform a motor skill
Body scaling	is 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.
Declarative knowledge	Factual knowledge stored in memory

Procedural knowledge	Knowledge underlying action such as decision making.
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**QUESTION 5** **(6 MARKS)**  
**Name and describe each of the three problems in motor control.**

**QUESTION 6** **(20 MARKS)**

Rugby is one of the most popular sports in South Africa. Rugby is a team sport. Two teams of fifteen players each (excluding substitutes on the bench) can score points on scoreboards through three methods: scoring a try over the goal line and using the opportunity to convert the try; kicking a penalty to goal; and kicking a drop goal. The game is played on a regular grass field (dimensions are more or less 100m x 72m). Rugby is mostly played outdoors. This specific game is played at night time and the rain is pouring down with an extremely strong wind blowing from east to west. Both teams playing consist of mixed race with all their families cheering them on. These are university level teams playing at Ellis Park stadium. Four players of each team are playing with injuries whilst the captain of the UJ team is struggling to keep up with the tempo of the game as he is suffering with asthma.

6.1 Identify the following from the above mentioned scenario. **[12]**

6.1.1 Task constraints

6.1.2 Environment constraints

6.2 The team captain is running with the rugby ball from one side of the field to the opposite side and kicks the ball into touch on the opposition 22 meter line. Identify the different motor skills playing a role here as well as a main fundamental motor skills involved. **[8]**

**QUESTION 7** **(14 MARKS)**

Regardless of age or skill, all learners go through stages of skill acquisition when advancing from a novice to an expert level. These stages are classified around behavioural changes that can be observed. Identify the three stages and briefly elucidate each stage.

**QUESTION 8** **(15 MARKS)**

Explain the mountain of motor development. Name and explain the five periods.

**TOTAL: 100 MARKS**