Question Completion Status:

Preview Test: SPP03A3 JUNE EXAM 2019

Test Information

Description

FACULTY : Health Science

DEPARTMENT : Sport and Movement

CAMPUS : DFC

MODULE : SPP03A3 / MBK3A01 / MBK3A02

Perceptual Motor Behaviour And Sport Psychology

SEMESTER : First

EXAM : June Exam

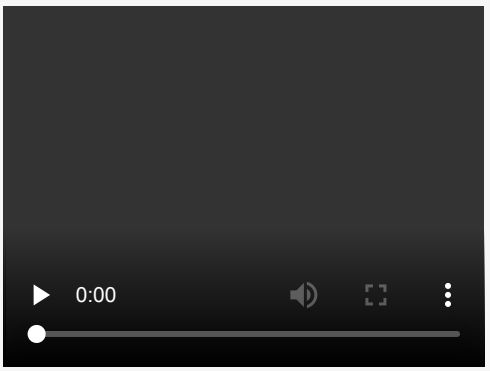
DATE	: June 2019	**SESSION**	08:00
ASSESSOR(S)	: Mrs C Volkwyn Dr. Morris-Eyton		
MODERATOR	: Mrs D Zeller		
DURATION	: 2 HOURS	**MARKS**	: 100

Instructions

This test will be completed in one sitting

You only have one attempt

Raise your hand should you have a question



Timed Test: This test has a time limit of 2 hours.This test will save and be submitted automatically when the time expires. Warnings appear when **half the time**, **5 minutes**, **1 minute**, and **30 seconds** remain.*[The timer does not appear when previewing this test]*

Multiple Attempts: Not allowed. This Test can only be taken once.

Force Completion: Once started, this test must be completed in one sitting. Do not leave the test before clicking **Save and Submit**.

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

Identify the primary motor skill involved in this sport

QUESTION 2 **1 points** Save Answer

Identify the primary motor skill involved in this sport

QUESTION 3 **1 points** Save Answer

Growth in number of muscle fibers is referred to as _____

QUESTION 4 **1 points** Save Answer

Locomotor skills cannot be developed separately from _____.

QUESTION 5 **1 points** Save Answer

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

QUESTION 6 **5 points** Save Answer

Match the following column's

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

Dynamic strength

- ▼
- ▼ Rate control

Ability to move the body through a lar ge range of motion

d. Ability to exert repeated force; muscular endurance

e. Ability to manipulate small objects with fingers

f. Ability to maintain body equilibrium in one position

g. Ability to make continuous anticipatory adjustments in relation to a moving target

h. Ability to exert maximum force against an immovable or heavy object

QUESTION 7 **1 points** Save Answer

The standing long jump

- a. is also referred to as the strong jump
- b. offers fewer challenges than the vertical jump
- c. requires a takeoff angle of approximately 90 degrees
- d. involves swinging the legs forward in preparation for a two-footed landing

QUESTION 8 **1 points** Save Answer

A runner who as at the mature stage demonstrates

- a. toeing-out of the swinging foot
- b. partial extension of the support leg
- c. complete extension of the support leg
- d. an abbreviated leg swing

QUESTION 9 **1 points** Save Answer

Which of the following is an example of a fine motor skill?

- a. kicking
- b. bowling
- c. throwing
- d. sewing

QUESTION 10 **1 points** Save Answer

At what age do children generally surpass the proficiency barrier?

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

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

QUESTION 11

1 points Save Answer

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

a. baseball batting

b. free throw

c. bowling

d. golf

QUESTION 12

5 points Save Answer

What would indicate that someone was in an advanced stage of striking? (5)

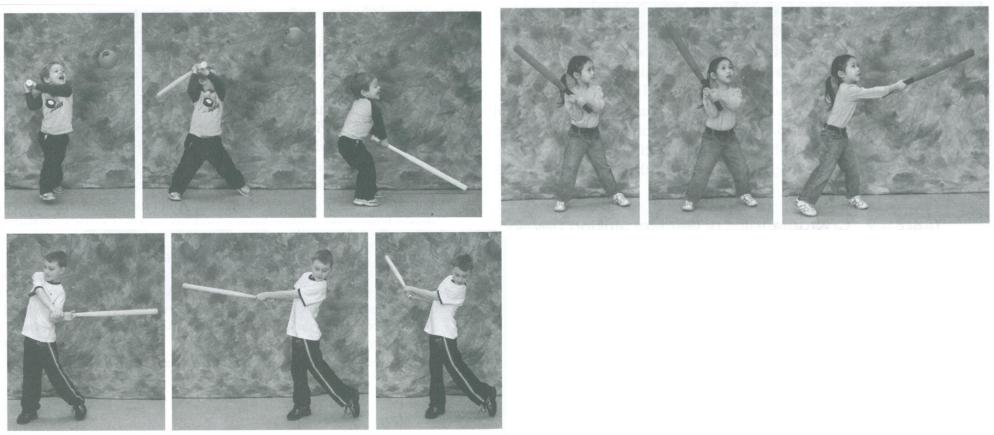
Paragraph Arial 3 (12pt) Mashups HTML CSS

QUESTION 13

10 points Save Answer

For physical activity to become an integral part of one's life- with the related physical and psychological health benefits. It is imperative to have a solid base of fundamental movement skills, by identifying different levels of competency in fundamental skills,

1. Classify the specific fundamental motor skills demonstrated in pictures below **[4]**
2. Explain the stages of acquisition involved with each stage of learning a new movement **[6]**



Paragraph Arial 3 (12pt) Mashups HTML CSS

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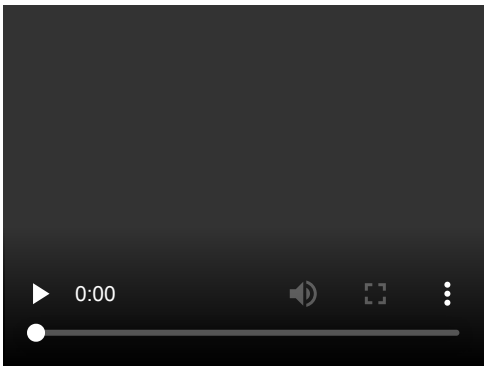
Question Completion Status:

QUESTION 14 **10 points** Save Answer

Watch the following Video and Analyze the movements involved. Answer the questions below.



1. Looking at the movements above identify the types of movements using the single dimension classifications and clearly motivate why you have made that analysis. **(8)**

a. Movement Precision

b. Environmental Predictability

c. Time Constraints

d. Nature of Skill

2. Explain which constraints were negatively affected during this performance **(2)**

Paragraph Arial 3 (12pt) Mashups HTML CSS

QUESTION 15 **10 points** Save Answer

As people age their gait can alter, changes in gait may not be limited to physiological age-related changes . Reduced gait speed is one of the most significant changes seen in healthy older adults in comparison to younger adults.

Name 10 age related gait changes [10]

Paragraph Arial 3 (12pt) Mashups HTML CSS

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

QUESTION 16 **12 points** Save Answer

Distinguish between declarative, procedural and metacognitive knowledge. Give an example of each.

QUESTION 17 **16 points** Save Answer

Athletes respond to stress in a variety of ways. Explain the process of stress (according to Cox, 2007), whereby athletes will deal with a particular element of stress.

QUESTION 18 **1 points** Save Answer

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

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

QUESTION 19 **1 points** Save Answer

Cognitive rehearsal of a physical skill is called

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

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

False

QUESTION 21 **1 points** Save Answer

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

a. external

b. narrow

c. broad

d. internal

QUESTION 22 **1 points** Save Answer

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

a. free play

b. structured practice

c. deliberate play

d. deliberate practice

QUESTION 23 **2 points** Save Answer

DEFINE THE FOLLOWING TERM : INTRINSIC MOTIVATION

QUESTION 24 **2 points** Save Answer

DEFINE THE FOLLOWING TERM : AMOTIVATION (2)

Click Save and Submit to save and submit. Click Save All Answers to save all answers.

Question Completion Status:

DEFINE THE FOLLOWING TERM : DELIBERATE PRACTICE

QUESTION 26

10 points Save Answer

List ten (10) goal setting principals that you could use with athletes.

QUESTION 27

1 points Save Answer

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

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

Click Save and Submit to save and submit. Click Save All Answers to save all answers.