



Question Completion Status:

191SPP03A3 MBK3A01 - MBK3A02 - PERCEPTUAL MOTOR LEARNING AND SPORT PSYCH

Exams 2019

Preview Test: SPP03A3 JUNE EXAM 2019

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Test Information

Description

FACULTY : Health Science

DEPARTMENT : Sport and Movement

CAMPUS : DFC

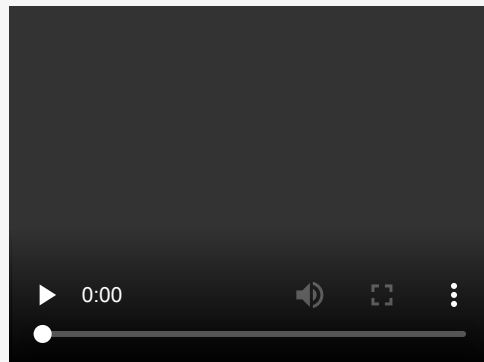
MODULE : SPP03A3 / MBK3A01 / MBK3A02

SEMESTER : Perceptual Motor Behaviour And Sport Psychology
: First

EXAM : June Exam

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

 ▼ ▼

Rate control

- Ability to move the body through a large 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)

[illegible]

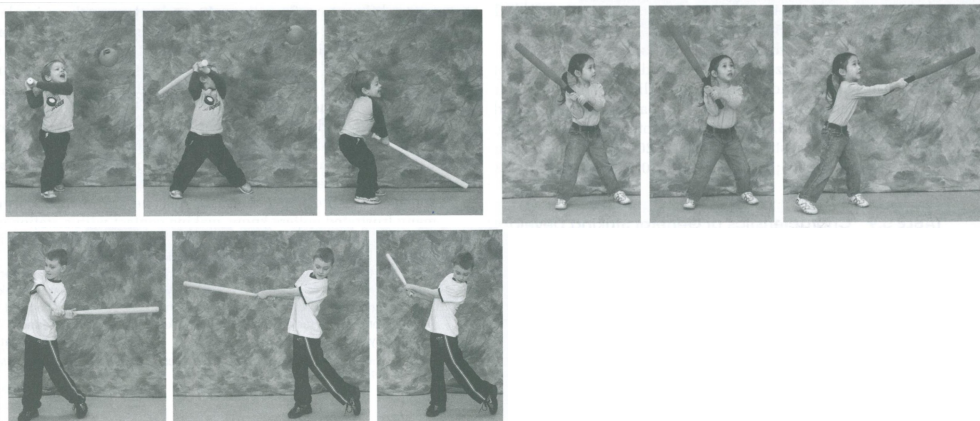
QUESTION 13

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]



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

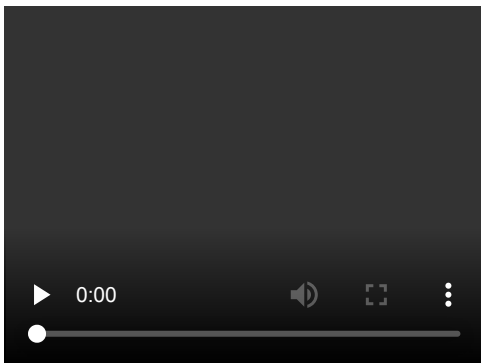
Question Completion Status:

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)

The screenshot displays the top toolbar of the Wondershare PDFElement application. The toolbar is organized into several groups of icons. On the left, there are icons for opening files (scissors, document), saving (floppy disk), and searching (magnifying glass). The central part of the toolbar contains text formatting options, including a 'Paragraph' dropdown menu, a font family dropdown set to 'Arial', a font size dropdown set to '3 (12pt)', and buttons for bold, italic, underline, and strikethrough. To the right of these are icons for text color, background color, and a text box tool. Further right are icons for linking (chain), unlinking (chain with slash), and a 'Text' button. The far right of the toolbar includes icons for zooming in and out, a 'Fit' button, and a 'HTML CSS' button. The background of the application window is a light gray.

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]



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.

A rich text editor toolbar with various icons for text formatting, alignment, and insertion. It includes options for Paragraph, Arial font, 3 (12pt) size, bulleted and numbered lists, indent, bold, italic, underline, strikethrough, link, unlink, insert link, insert image, insert video, insert audio, insert table, insert form, and HTML/CSS options.**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.

A rich text editor toolbar with various icons for text formatting, alignment, and insertion. It includes options for Paragraph, Arial font, 3 (12pt) size, bulleted and numbered lists, indent, bold, italic, underline, strikethrough, link, unlink, insert link, insert image, insert video, insert audio, insert table, insert form, and HTML/CSS options.**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.

☐ False

1 points

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

1 points

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

2 points

[illegible]

2 points

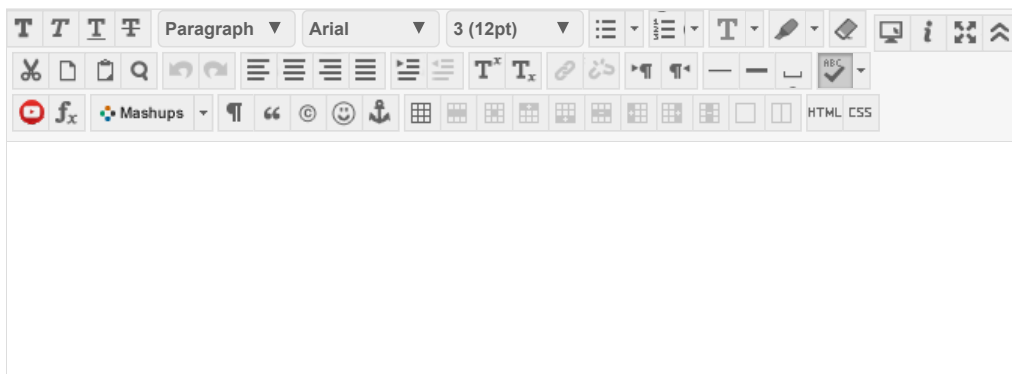
The screenshot displays the Wondershare PDFElement toolbar, which includes a variety of icons for document manipulation. Key features visible include:

- Text Tools:** Bold (B), Italic (I), Underline (U), and Text color selection.
- Paragraph and Style Tools:** Paragraph style dropdown (currently set to 'Paragraph'), Font family dropdown (currently set to 'Arial'), and Font size dropdown (currently set to '3 (12pt)').
- Formatting Tools:** Bulleted list, Numbered list, Decrease indent, Increase indent, Text color, Background color, and Text background color.
- Image and Annotation Tools:** Crop, Rotate, Scale, and various annotation tools like highlight, underline, and strikethrough.
- Table and Form Tools:** Table creation and editing tools, and form field creation tools.
- Navigation and View Tools:** Zoom in/out, Fit, and other navigation controls.
- Export and Print Tools:** Print, Save, and Export options.

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Question Completion Status:

DERIVE THE FOLLOWING TERM: DEBILITATE PRACTICE

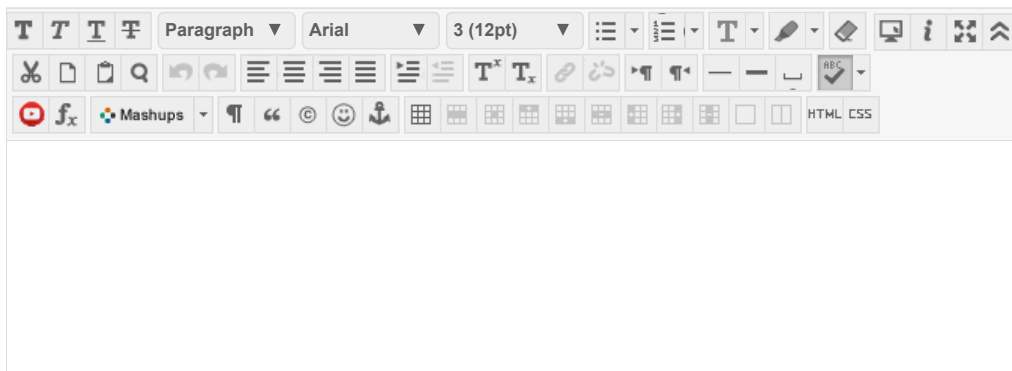


QUESTION 26

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.