UNIVERSITY OF FORT HARE

Foundations of Human Movement Science

DEGREE EXAMINATIONS

JUNE

2018

Time: 3 Hours
Subject: HUS 111
Marks: 100

This paper consists of 3 pages including the cover page

Internal Examiners

Mr. S Mandiringana

INSTRUCTIONS

Answer all questions
Question 1 – Chapter 1 Meaning and Philosophy  
1. Which field did physical education, exercise science, and sport stem from?  
2. What are the differences between a discipline and a profession?  
3. What are the three allied fields of physical education, exercise science, and sport?

Question 2 – Chapter 2 Goals and Objectives  
1. What are the goals of contemporary physical education, exercise science, and sport?  
2. Describe the three domains of physical education, exercise science, and sport.

Question 3 – Chapter 4 Historical Foundations  
1. What is Athens contribution to the growth of the field of physical education, exercise science, and sport?  
2. Name a leader in Germany who contributed to physical education and their contribution to the field.  
3. When was the first Olympic Games held?  
4. Who hosted the Olympics in 2016?  
5. Who will host the Olympics in 2020?

Question 4 – Chapter 5 – Motor Behaviour  
1. Define the following concepts:  
   a. Motor Development  
   b. Motor Learning  
   c. Motor Control  
2. What are the stages of the information-processing model?  
3. What does Gallahue’s hourglass model tell us about motor development?

Question 5 – Chapter 6 Biomechanical Foundations  
1. Define the term biomechanics and indicate its relationship to kinesiology  
2. Explain the following concepts:  
   a. Stability  
   b. Linear Motion  
   c. Rotary Motion  
   d. Gravity  
   e. Force  
   f. Leverage
Question 6 – Chapter 7 Exercise Physiology and Fitness  
1. Define Exercise Physiology  
   3 marks
2. Name any FOUR principals of training  
   4 marks
3. What does FITT stand for?  
   4 marks
4. What does BMI stand for and what does it tell us about an individual’s body composition?  
   3 marks

Question 7 – Chapter 9 Sport and Exercise Psychology  
1. Define sport and exercise psychology  
   3 marks
2. State FIVE psychological benefits of participating in exercise  
   5 marks
3. Explain the following concepts:  
   5x2=10
   a. Anxiety
   b. Arousal
   c. Goal setting
   d. Self-talk
   e. Imagery

Question 8 – Chapter 10 Career and Professional Development  
1. What is your professional philosophy?  
   4 marks
2. What career would you like to pursue and what qualifications do you need to complete your studies?  
   2 marks
3. What strategies can you use to increase your marketability?  
   4 marks

End of Paper