



University of Fort Hare
Together in Excellence

EXAM PAPER 1

MOTOR LEARNING (HUS216)

PROGRAMME:	Bachelor of Health Science in Human Movement Science
DATE:	June Exams
EKSAMINER:	Mrs. X Muller
INTERNAL MODERATOR:	Prof. M van Gent
DURATION:	3 hours
MARKS:	100

Student answers all the questions in Sections A, B and C.

SECTION A**[25]****QUESTION 1****(10)**

Make use of Column A and B. Match the correct description in Column B with the correct concept in Column A. Write only your answer in the answer book that is provided, e.g. 1.1 C.

COLUMN A		COLUMN B	
1.1	Motor learning	A	Health-related fitness component
1.2	Power	B	Perception of things by touch is developed.
1.3	Listening skills	C	Moving in a forward direction with a step on the lead leg and a leap-step on the trailing leg.
1.4	Power grip	D	Constant interaction between the individual, the environment and the task.
1.5	Galloping	E	The study of how we learn motor skills. Processes in the internal part of the body that determines a persons' ability to execute a motor skill.
1.6	Tactile discrimination	F	A critical period in development where the brain has an increased amount of plasticity and is very sensitive for stimulation and change.
1.7	Walking	G	School readiness skills.
1.8	Windows of opportunity	H	The handle is held in the palm like a club.
1.9	Newell's model	I	Performance-related fitness component.
1.10	Cardiorespiratory endurance	J	A 50% phasing relationship between the legs.

QUESTION 2**(10)**

Indicate in which phase and specific stage of motor development the following children will be classified in according to their age.

- | | | |
|-----|-------------------|-----|
| 2.1 | Three-year-old | (2) |
| 2.2 | Nine-year-old | (2) |
| 2.3 | Five-year-old | (2) |
| 2.4 | Twelve-year-old | (2) |
| 2.5 | Fourteen-year-old | (2) |

QUESTION 3 (5)

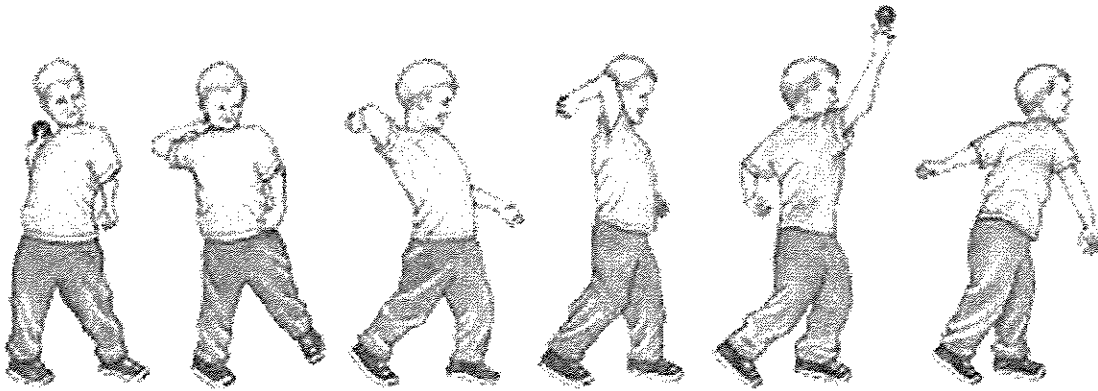
Indicate whether the following statements are true or false.

- | | | |
|-----|---|-----|
| 3.1 | An advanced learner pays a great amount of attention to irrelevant cues. | (1) |
| 3.2 | Over learning is necessary to ensure full retention. | (1) |
| 3.3 | According to the circular learning model, learning takes place on 2 levels, i.e. perception and processing. | (1) |
| 3.4 | Audio-visual information during demonstrations refers to the correct time of accent stress as well as adapting the sounds to the quality of movement. | (1) |
| 3.5 | When a coach is demonstrating a new skill, the coach should add touch as this can lead to additional sensation which is not part of the movement. | (1) |

SECTION B [50]

QUESTION 4 (7)

Examine the following sequence of images of a child performing a manipulation/ object control skill and answer the questions that follow.



- 4.1 Identify the object control/ manipulation skill. (1)
- 4.2 Based on the movement pattern, place the child in a movement stage. (1)
- 4.3 Provide five (5) reasons or characteristics that can be observed from the image for your choice of classification in question 4.2. (5)

QUESTION 5

(13)

After your 3-year degree in HMS at the University of Fort Hare, you have several options to specialize in. You have decided that you want to practice as a Kinderkineticist after completing your degree. Answer the questions that follow.

- 5.1 Explain to your parents what Kinderkinetics is as a profession. (6)
- 5.2 Elaborate on the requirements and steps you need to follow to accomplish practicing as a Kinderkineticist. (3)
- 5.3 State what the abbreviation SAPIK stands for. (1)
- 5.4 Identify three (3) programs in the scope of practice of a Kinderkineticist that you would be able to present to a 4-year-old child. (3)

QUESTION 6 (6)

- 6.1 Provide three (3) reasons why apparatus would be adapted for movement lessons. (3)
- 6.2 Provide three (3) examples for the adaptation of apparatus for teaching basic tennis skills to young children. (3)

QUESTION 7 (13)

- 7.1 The consolidation-memory theory takes place in three stages. Discuss the differences between these three (3) stages by using a table format. (10)
- 7.2 Explain to a physical educator why the learning hierarchy is vital for learning a new skill like the underarm throwing skill. (3)

QUESTION 8 (11)

- 8.1 You are teaching movement lessons at a pre-school. You would like to teach the children jumping jacks/ star jumps. Refer to the whole method and part-method to explain how you will be able to use each of the learning methods. (4)
- 8.2 Name and describe two (2) elements regarding the above scenario that you will consider before making your choice of learning method. (4)
- 8.3 Identify three (3) factors that contribute to differences between beginner- and advanced learners. (3)

SECTION C [25]**QUESTION 7 (25)**

- 7.1 Write a movement development lesson for a group of children that is four years old. (19)
- The lesson must be set up so that you can present it to eight (8) children by yourself.

- Ensure that all six components are also included in the **MAIN LESSON** and that you use separate or additional activities for the warm-up/ introduction and cool down/ closing activities.
- **MAKE SURE YOU MENTION ALL THE COMPONENTS.**
- Indicate how much time will be spent on the warm-up, main lesson and cool-down separately.
- Make use of illustrations if needed to help assist in explaining more complex activities or layouts.

7.2 Refer to the activities in your MAIN COMPONET of the lesson you have planned and adapt the activity to make it more complex for a seven-year-old child. (6)

TOTAAL: 100

TOTAL: 100