

UNIVERSITY OF FORT HARE

**INTRODUCTION TO MOTOR
DEVELOPMENT.
HUS121.**

DEGREE EXAMINATIONS

NOVEMBER

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Time: 3 Hours

Subject: HUS 121

Marks: 100

This paper consists of 7 pages including the cover page

**Internal Examiners
Sisanda Mvula**

**Internal Examiners
Abongile Solwandle**

INSTRUCTIONS

**Answer all the questions.
It is in your best interest to write clearly and legibly.**

Question 1

[15]

Please choose the correct answer. (Only write down the number and the correct letter).

1. Which of the following best describes motor development?
 - A) A static process that does not change over time
 - B) A process that only occurs during childhood
 - C) A lifelong process involving changes in movement abilities
 - D) A process limited to athletic training
2. Motor development is a field of study that examines:
 - A) Only physical fitness levels
 - B) Changes in human motor behavior and the factors affecting them
 - C) The nutritional aspects of physical activity
 - D) The psychological effects of exercise
3. Which approach to studying motor development focuses on the outcome of a movement?
 - A) Process Approach
 - B) Product (Task-Oriented) Approach
 - C) Holistic Approach
 - D) Developmental Approach
4. In the context of catching a ball, which question aligns with the Product (Task-Oriented) Approach?
 - A) How did the child position their hands?
 - B) What technique did the child use to catch the ball?
 - C) How successful was the child in catching the ball?
 - D) What was the child's body posture while catching?
5. Which of the following best describes an example of the Process Approach?
 - A) Evaluating how many balls were caught by a child in one minute
 - B) Observing how a child tracks the ball with their eyes before catching it
 - C) Measuring the distance from which a child can catch a ball

- D) Assessing how quickly a child can throw a ball
6. What is the primary focus of motor learning?
- A) The study of neurophysiological factors affecting movement
 - B) Understanding how people learn motor skills and movements
 - C) Changes in human motor behavior over the lifespan
 - D) The rehabilitation of motor skills after injury
7. What is the primary focus of Arnold Gesell's work in "Infancy and Human Growth"?
- A) Cognitive development
 - B) Motor development
 - C) Emotional development
 - D) Social behavior
8. What is the primary direction of growth and development in infants?
- A) From legs to head
 - B) From head to toe
 - C) From arms to torso
 - D) From torso to arms
9. Prenatal abnormalities can occur due to:
- A) Inherited genetic disorders
 - B) Teratogens detected in the mother's blood
 - C) A congenital defect
 - D) A & B
 - E) All of the above
10. What is the typical visual development timeline for infants regarding their vision?
- A) Newborns can see clearly at 20 feet, and by 6 months, they have 20/200 vision.
 - B) Newborns have a vision range of 20/200 to 20/600, achieving binocular vision by 14 weeks, and typically reach 20/20 vision by 6 months.
 - C) Infants show no visual preferences until they are 6 months old.
 - D) Binocular vision is achieved at birth, and infants have 20/20 vision by 3 months.

11. Holding the infant upright with the feet touching the supporting surface
- A) walking reflex
 - B) Stepping reflex
 - C) persists through 5 months
 - D) All of the above
12. Phosphagen System provides energy for a very short, high-intensity activities lasting about _____.
- A) 8-10 seconds
 - B) 8- 10 minutes
 - C) 1 -3 minutes and can last up to 6 minutes
 - D) 1 -3 seconds and can last up to 6 seconds
13. Average 5 year old sleeps _____ hours a day.
- A) 11
 - B) 8
 - C) 24
 - D) 12
14. A fitness (VO₂ max) increases progressively in relation to:
- A) Body size
 - B) body growth
 - C) flexibility
 - D) muscle strength
15. Threats to LTAD refers to:
- A) Talent ID and recruitment neglected
 - B) Developmental athletes tend not to get guidance
 - C) Too much emphasis on winning
 - D) all of the above

Question 2

[15]

Match the following questions/ statement on column A to correct answers on column B. (please only write down the number and the correct letter example 1. B).

Column A	Column B
1. From the points close to the body's center to those points to the periphery	A. Differentiation
2. Development from head to tail	B. Proximodistal
3. Progression from gross, immature movement to well-controlled	C. Cephalocaudal
4. Factors play a significant role in influencing motor development	D. Dugs and Virus
5. Factors that can lead to poor maternal health, affecting fetal development.	E. Oxygen and nutrients
6. The primary factor influencing fetal development	F. Genetics & extrinsic.
7. Refer to basic abilities or knowledge that serve as foundational elements for more advanced skills	G. Developmental milestone
8. A skill that a child acquires within a specific time frame	H. Rudimentary skills
9. Reflexes that are involuntary movements that originate in the central nervous system and are exhibited by normal infants.	I. At the ends of long bones (epiphyses)
10. Reflexes that involve higher brain functions, particularly from the midbrain and cortex, and include reactions such as the righting reflexes.	J. Primitive reflexes
11. The primary location of secondary ossification centers	K. At the epiphyseal plate
12. Cartilage remains in a fully developed long bone	L. Postural reflexes
13. Receives oxygenated blood from the lungs via the pulmonary veins.	M. Left ventricle
14. Pump oxygenated blood to the entire body through the aorta	N. Aorta.
15. The largest artery in the body, responsible for transporting oxygen-rich blood from the heart to various parts of the body.	O. Left atrium

Question 3

[10]

State whether the following statements or questions are true/false.

1. When assessment is performed in an informal manner, the student is aware that an observation is being made.
2. Long Term Athlete Development (LTAD) requires equal opportunity for recreation and competition.
3. Late Specialization involves athletes focusing on a single sport from a young age for example gymnastics, diving, and figure skating.
4. In Stage 2 of long-term development model, the focus is primarily on competition rather than the training process.
5. The primary goal of training in Stage 4 is to prepare athletes to peak for specific competitions.
6. The critical window for accelerated adaptation to aerobic training begins before the onset of peak height velocity (PHV).
7. System of competition in Fundamentals and Learn to Train Stages is the most critical.
8. Continuous improvement involves Critical analysis of decisions and implemented actions.
9. Periodization involves dividing the training year into distinct phases to optimize performance for key competitions.
10. Suppleness (flexibility) is a trait that cannot be trained or improved over time.

Question 4

Read carefully and answer all the questions that follows.

[60]

- 4.1. Identify and describe 2 Anaerobic systems. [4]
- 4.2. Describe 4 key requirements for effective Long-Term Athlete Development (LTAD). [4]
- 4.3. Critically discuss criterion-referenced assessment including the advantages and disadvantage [6]
- 4.4. In a form of table identify discuss 4 research designs. [8]
- 4.5. Identify clinical signs associate with fetal alcohol syndrome [5]
- 4.6. Describe four (4) step process of writing [8]
- 4.7. Describe the emphases in Speed/ agility development from Initiation, athletic, specialization phase to high performance phase. [4]
- 4.8. Identify and discuss four (4) types of play for children [8]
- 4.9. Critically discuss the Moro reflex process. [5]

4.10. [8]
Scenario

Imagine you are a teacher preparing your students for an upcoming assessment. You are aware that many of them experience test anxiety, and you want to create a supportive environment to help alleviate their concerns.

Question based on the scenario.

What specific steps would you take to prepare your students for the assessment in order to reduce their test anxiety. Provide at least eight (8) actions you would implement.

Exers
Ego

Defn

Phy
sy cycle phy ce

