



University of Fort Hare  
*Together in Excellence*

UNIVERSITY OF FORT HARE

HUS 514

DEGREE EXAMINATIONS

June 2023

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Time: 3 HOURS

Subject: Analyses of Movement in Physical Activity and Sport

Marks: 100

This paper consists of 3 pages including cover page

Internal Examiner

Mr T. Xoxo

External Examiner

Prof Travill

Instructions

Please answer all questions.

1. Formulate your ideal athlete's profile in your sport of choice by assembling the physical profile, physiological profile and psychological makeup of your athlete. (18)
2. Explain how you as a development coach would ensure that the alternate talent pool will be guaranteed to succeed in the future. (14)
3. In your chosen sport / position if team sport explain how proportionality is applied to performance, i.e., basic laws of physics, and lever lengths. (14)
4. In your chosen sport / position, if team sport explain what many might see as a postural defect albeit an advantage? (12)
5. In your chosen sport / position if team sport, chose a technique and outline the proper method on how it has to be performed without negatively affecting balance. (16)
6. In a sport of your choice / position if team sport; explain how you would use qualitative biomechanical analysis to improve technique involving the four steps. (16)
7. Discuss qualitative biomechanical analysis to understand injury development in your sport of choice. (10)