



# University of Fort Hare

*Together in Excellence*

HUS 111

DEGREE EXAMINATIONS

JUNE 2023

---

Time: 3 Hours

MODULE: Foundation of Human Movement Science

Marks: 100

This paper consists of Eight pages including cover page

Internal Examiner

Mvula Sisanda

Internal Moderator

Xonné Muller

Instructions

Answer all questions.

**Question 1**

**[15]**

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

- 1. The psychomotor domain can be described as:**
  - a. The concern with acquisition of knowledge and development of intellectual skills.
  - b. Moving from the concerns of themselves to concern of others.
  - c. The progression of development provides the foundation of physical activity.
  - d. The strengths and weakness of an individual.
- 2. Physical education includes:**
  - a. Acquiring and refinement of motor skills
  - b. Identifying the weakness of an individual
  - c. Development of the strength
  - d. Understanding of the movement
- 3. The purpose of assessment is to do:**
  - a. Program evaluation
  - b. Placement
  - c. Refinement of motor skill
  - d. A and B
- 4. Identify the type of assessment(s).**
  - a. Product
  - b. Process
  - c. Formative
  - d. All of the above
- 5. Identify the theory which describes motor skill acquisition.**
  - a. Information process model
  - b. Piaget cognitive theory
  - c. Sensory process model
  - d. Socio-ecological theory

**6. Identify why kinesiology is important for Sport Scientist.**

- a. It helps them to understand the body needs time to the demands placed on it.
- b. It helps them to learn how to improve performance by analyzing the movement of the body and applying the principles of movement to their work.
- c. It helps them to better understand the acquisition of motor skills as a result of practice and experience.
- d. It helps them to understand various health benefits of exercise.

**7. Identify the three (3) main areas of motor behavior.**

- a. Motor learning; Motor control; Motor development
- b. Motor learning; Motor coordination; Motor development
- c. Motor performance; Motor coordination; Motor development
- d. Motor performance; Motor milestone, Motor control

**8. The main purpose of motor behavior would be to:**

- a. To understand needs time to adapt to the demands placed on it.
- b. To understand how learning and control of motor skills develops over the life span.
- c. To understand that overload should be applied gradually within the training program.
- d. To understand the importance of design and conduct of movement experience for participants.

**9. Identify the correct element that a lever consists of.**

- a. Skull
- b. Appendicular skeleton
- c. Axial skeleton
- d. Resistance arm

**10. Identify the goal(s) of contemporary physical education?**

- a. To help students to acquire the necessary knowledge and competence to engage in lifelong learning.
- b. To help students lose weight.
- c. To help students to participate in sport.

d. All of the above

**11. The stage of learning, where a learner does not have to pay attention to every aspect of the skill; he or she can perform the skill without consciously thinking about it at all.**

a. Cognitive stage

b. Autonomous stage

c. Associative stage

d. Motor control stage

**12. Identify an advanced learned movement as one will find in sport?**

a. Fundamental movement.

b. Motor skills.

c. Sport movement.

d. Skilled movement.

**13. An example of physical activity assessment.**

a. Heart-rate monitors

b. Formative assessment

c. Written test

d. Stopwatch

**14. Chose the correct answer which describes the meaning of "Arete".**

a. The pursuit of excellence

b. War

c. Contact sports

d. All of the above

**15. The purposes of kinesiology identified by Luttgens and Halmilton:**

a. Cognitive, autonomous, associative.

b. Safety, effectiveness, efficiency.

c. Readiness, individual differences, reinforcement

d. None of the above

- Question 2** [55]
- 2.1. Define the term "Exercise Physiology" in your own words. [2]
- 2.2. Please define "Leadership". [2]
- 2.3. Name five (5) leadership qualities. [5]
- 2.4. Name and describe 4 leadership roles. [8]
- 2.5. Please describe the principle of overload and give an example. [3x2=6]
- 2.6. Identify 5 areas of study within sport and exercise psychology [5]
- 2.7. Describe the psychological benefits of participating in physical activity. [7x2=14]
- 2.8. There are three (3) types of goal setting, identify them and briefly explain what each entail. Also, provide an example for each. [3x3=9]
- 2.9. When it comes to Nature of Imagery, there are 2 types, please identify them and explain what each mean? [2x2=4]

Question 3

[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. Assessment that occurs only at the end of a program.	A. Formative assessment
2. The guide for planning learning outcomes.	B. Affective domain
3. Continuous assessments of participants progress throughout the program.	C. Main principle of stability
4. A domain that is concerned with the acquisition of knowledge and development of intellectual skills.	D. Newton's third law
5. A domain that moves from the concern about themselves to the concern of others.	E. Summative assessment
6. It applies the method of physics and mechanics to the study of human motion.	F. Sport philosophy
7. It examines sport from many different perspectives.	G. Taxonomies
8. It is concerned with prevention, treatment, and rehabilitation.	H. Cognitive domain
9. The lower the center of gravity is to the base of support, the greater the stability.	I. Sport medicine
10. A goal to understand how motor skills are controlled.	J. Sport biomechanics
11. The study of acquisition of motor skills as a result of practice.	K. A goal of motor behavior
12. For every action there is an equal and opposite reaction.	L. Newtons second law
13. Acceleration is directly proportional to force applied and inversely proportional to the mass of the object.	M. Motor learning

14. An administrator skill that establishes and foster group and individual peer relationships.	N. Conflict resolution skills
15. An administrator skill that learns to deal with group conflict in a positive manner.	O. Peer skills

**Question 4**

**[15]**

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

4.1. Decision making skills identify problem, generate alternative solutions, evaluate possible outcomes of solutions, and select one solution from alternatives.

4.2. The reflexive movement phase can be sub-classified into 3 stages.

4.3. Rotary motion is increased when the radius of the moving body is increased.

4.4. Motivation is a condition within an individual that initiates activity directed toward a goal.

4.5. Laws of motion explain how things move and make it possible to predict the motion of an object.

4.6. Women were allowed to participate in Greek's festival to demonstrate the beauty of their physique and their athletic abilities.

4.7. Grecians are responsible for the start of Olympic games.

4.8. Henrik Ling developed a written curriculum guide for elementary and secondary school for boys only which includes the exercise in progression by difficulty.

4.9. Individual may work one day on improving upper body strength and devote the next day's training to working lower body strength, is an example of the principle of recovery.

4.10. Most careers in HMS can be divided into three areas: Health, Sport and Education.

4.11. Product assessment focuses on the end result of a performance, usually quantitative in nature.

4.12. A stopwatch is an example of physical activity assessment.

4.13. Aerobic exercise improves the efficiency of the heart and reduces blood pressure.

4.14. During exercise, heart rate changes in proportion to the energy requirements of the task.

4.15. Body composition is a description of the body in terms of muscle, bone, fat, and other elements.

**End of question paper**