

UNIVERSITY OF FORT HARE

**HUS 111
FOUNDATION OF HUMAN
MOVEMENT SCIENCE**

DEGREE EXAMINATIONS

MAY/ JUNE

2025

.....
Time: 3 HOURS
Subject: HUS 111
Marks: 100

This paper consists of _ pages including the cover page

Internal Examiners

**Ms. Avela Mathe
Dr Nqweniso**

External Examiners

INSTRUCTIONS

Answer all the questions.

QUESTION 1

[10]

1. Choose the correct answer. (Only write down the number and the correct letter)

1.1 The original Olympic Games began around:

- a. 27 B.C.
- b. 500 A.D.
- c. 776 B.C.
- d. 1000 B.C.

1.2 One of the unique features of the ancient Olympic Games was

- a. Use of modern stadiums
- b. Competitions held in different cities each year
- c. Inclusion of music and athletic contests over several days
- d. Mandatory military service for all participants

1.3 In Ancient Rome, physical fitness and athletic ability were emphasized mainly because

- a. They were part of religious rituals
- b. They contributed to military strength and success
- c. They replaced academic education
- d. They were required for political positions

1.4 Chose the correct 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

1.5 Physical education aims_____.

- a. to develop the sport performance of an individual.
- b. to develop students' physical competence and knowledge of movement and safety.
- c. to develop physical activity for health.
- d. to develop sport management

1.6 One of the central missions of education is

- a. Athletic performance
- b. Intellectual development
- c. Artistic expression
- d. Social entertainment

1.7 What was the primary goal of physical education programs in early modern Germany?

- a. To prepare athletes for the Olympic Games
- b. To entertain citizens through sports
- c. To develop strong and disciplined citizens
- d. To promote leisure and relaxation

1.8 In early modern Germany, which of the following played a key role in promoting school gymnastics?

- a. Military academies
- b. Community associations and schools
- c. Religious organizations
- d. Professional sports team

1.9 What was the main purpose of Friedrich Jahn's Turnverein movement in early 19th-century Germany?

- a. To prepare students for professional sports careers
- b. To promote national unity and physical strength among youth
- c. To introduce modern dance into school programs
- d. To entertain the public through competitive gymnastic

1.10 Who developed the taxonomy of educational objectives that classifies different levels of learning?

- a. Jean Piaget
- b. John Dewey

- c. Bloom and colleagues
- d. Lev Vygotsky

QUESTION 2

[10]

2. State whether the following statements or questions are true/false. (e.g. 2.1 false)

- 2.1 A person is classified as obese if they have a BMI of 25 kg/m²
- 2.2 Physical activity is not associated with various health benefits.
- 2.3 Regular participation in physical activity, as recommended in health guidelines, can reduce all-cause mortality by 90–100%.
- 2.4 The taxonomy of objectives in the psychomotor domain shows a progression of development that provides the foundation for programs of physical activities.
- 2.5 The psychomotor domain, which focuses on physical movement and motor skills, was developed by Harrow
- 2.6 Children in the Elementary Stage (ages 4 and 5) often display poor spatial and temporal integration of skill movements and improper sequencing of skill components
- 2.7 In the Initial Stage (ages 2–3), children show greater control and rhythmical coordination, although their movements may still be restricted, exaggerated, or inconsistent
- 2.8 At the Mature Stage (ages 6 or 7), children typically demonstrate increased efficiency, enhanced coordination, improved control of movements, and greater force production
- 2.9 In the Fundamental Movement Phase, skill acquisition depends largely on encouragement, instruction, and opportunities for practice
- 2.10 Hypo-kinetic diseases are caused by insufficient physical activity.

QUESTION 3**[10]**

3. Match the following questions/ statement on column A to correct answers on column B. (please only write the number and the correct letter for example 3.1 B)

Column A	Column B
3.1 Identify evidence of effectiveness or areas that need improvement.	a. Formative
3.2 Assessment that occurs only at the end of the program.	b. Program evaluation:
3.3 Concerned with the prevention, treatment and rehabilitation of sports related injuries.	c. Criterion-referenced
3.4 Continual assessment of participants' progress throughout program	d. Diagnosis
3.5 Ability grouping for instruction may facilitate learning	e. Summative
3.6 Comparing individual scores against a predetermined standard of performance, not against other individuals.	f. Sports medicine
3.7 The study of changes in motor behavior that are primarily the result of practice and experience.	g. Norm-referenced
3.8 Comparing individual scores against established standards for a population group with similar characteristics	h. placement
3.9 Identify strengths and weaknesses of individuals.	I Sport biomechanics
3.10 to the study of human motion and the motion of sport objects	j. Motor learning

QUESTION 4**[35]**

4.1 In table format, identify the factors that influence learning along with a brief description of each. (4x2=8)

4.2 Identify and discuss three fields related to Physical Education, Exercise Science, and Sport. (3x2=6)

4.3 Discuss three learning domains, explaining their significance in education and how they contribute to learning experience (3x3=9)

4.4 Bloom's Taxonomy is a framework used to categorize different levels of cognitive learning, helping educators design effective learning activities. List the six levels of Bloom's Taxonomy and explain what each level entails. (6x2=12)

Question 5

[35]

5.1 Identify the four primary factors that must be considered when designing a training program (4x1=4)

5.2 Sarah is preparing for a hiking trip in the mountains. Her fitness coach designs a training plan that gradually increases the intensity of her workouts, ensures she focuses on leg strength and stamina, and allows her sufficient rest after each session. If Sarah misses a week of training, she notices her endurance levels drop. Identify and explain any six principles of exercise training, each based on Sarah's training plan. (6x2=12)

5.3 List five health-related components of fitness. (4x1=4)

5.4 Explain three processes through which the body expends energy (3x1=3)

5.5 Using a table format, identify and explain each level of Harrow's Taxonomy of the Psychomotor Domain. (6x2=12)

[TOTAL MARKS=100]