



FACULTY	Health Sciences and Veterinary Medicine
SCHOOL	Allied Health Sciences
DEPARTMENT	Physical and Sport Sciences
SUBJECT	Motor Learning and Motor Development
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DURATION	3 HRS 100 MARKS:

2nd OPPORTUNITY EXAMINATIONS

EXAMINER: V OELOFSE (University of Namibia)

MODERATOR: (University of Namibia).

INSTRUCTIONS TO CANDIDATE:

1. This question paper consists of (4) pages including the cover page.
2. Answer ALL the questions.
3. Number your questions correctly.
4. Read the questions carefully before you answer.
5. Please note that cheating in the examination will result in a failure.

**UNIVERSITY OF NAMIBIA
EXAMINATION QUESTION PAPER**

QUESTION 1**(20)**

It is possible to have learners with different disabilities/deficiencies in your Physical Education class. Match the following disabilities/deficiencies in column A with the correct definition in column B:

Example 1.1 – C

	COLUMN A		COLOMN B
1.1	Asthma	A	A genetic condition, result of spinal column that is not completely closed before birth. Comes in different grades of neurological damage, with characteristics ranging from light muscle imbalance and sensory loss in lower extremities to paralysis of lower limbs with associated hydrophobia
1.2	Diabetes	B	A chronic lung disease characterized by temporary airway obstruction, narrowing and inflammation
1.3	Cerebral palsy	C	Abnormal or excessive fat accumulation that presents a risk to health.
1.4	ADHD	D	Hearing impaired children's vestibular system does not function normally, so they usually have balance problems.
1.5	Epilepsy	E	A condition that occurs because of a brain injury at /after birth, characterized by disabled random movement, sometimes balance problems, mental disabilities, auditory or visual disability, hyperactivity, weak perceptual abilities & psychological problems.
1.6	Obesity	F	Insufficient secretion of insulin, hormone that controls glucose levels in blood
1.7	Visual impairment	G	Progressive disease of the muscular system characterized by weakness & atrophy of muscles of body (cause progressive weakness and loss of muscle mass)
1.8	Auditory impairment	H	Different degrees of blindness range from distinction between dark and light to ability to

			estimate distance to the extent that the person can move forward by himself
1.9	Muscular dystrophy	I	Abnormal function of prefrontal cortical lobe that causes problems with attention and impulse control
1.10	Spina bifida	J	Disorder caused by abnormal electrical activity in brain. Most common types of attack are Grand mal and Petit mal

QUESTION 2

(12)

Explain how you can adapt a Physical Education lesson for a learner with a disability regarding:

- 2.1 Rules (3)
- 2.2 Equipment (3)
- 2.3 Playground (3)
- 2.4 Time (3)

QUESTION 3

(16)

Explain the difference between the following skills with an example of each:

- 3.1 Self-paced skill and Externally paced skill (4)
- 3.2 Open skill and Closed skill (4)
- 3.3 Basic/Simple skill and Complex skill (4)
- 3.4 Skill and ability (4)

QUESTION 4

(8)

While participating in physical activity, a learner or athlete must have the ability to concentrate and keep attention.

- 4.1 Give 2 examples of distractors for concentration internally and externally (4)
- 4.2 Explain 4 exercises for improving concentration and attention control (4)

QUESTION 5

(15)

Explain each of the following concepts and provide an example of a practical activity, suitable for a Grade 10-learner that would address each of the following components of perceptual-motor development:

- 5.1 Hand-eye coordination (3)
- 5.2 Spatial awareness (3)
- 5.3 Laterality (3)

- 5.4 Static balance (3)
- 5.5 Body awareness (3)

QUESTION 6

(6)

Discuss the difference between intrinsic motivation and extrinsic motivation to participate in sport.

QUESTION 7

(3)

Debate how you can motivate a learner with obesity to participate in physical activity.

QUESTION 8

State whether the following is true or false referring to the information process response: (10)

1. The origin phase includes both external factors, such as the height and speed of the ball, and internal factors like body orientation and balance.
2. The input phase involves only the muscles receiving signals from the brain, with no role for neurons in the spinal cord.
3. In the reception phase, the spinal cord can either accept or reject impulses based on external factors such as cold weather.
4. The processing phase compares the incoming information with previous signals and filters out distractions before planning the movement.
5. During the planning phase, decision-making occurs on how the movement will take place based on previous experiences.
6. In the output phase, the brain directly controls the muscles without the involvement of neurons.
7. During the judging phase, open-loop control allows for real-time feedback and corrections during the movement.
8. Open-loop control refers to executing preprogrammed movements without the need for real-time perceptual feedback.
9. Closed-loop control means that feedback from the environment is used to adjust the movement while it is happening.
10. To be able to execute the information processing response correctly one must be able to focus. Focus is defined as the central point of one's attention being constantly interrupted.

TOTAL 100