

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

**FIRST YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE IN SPORTS SCIENCE AND
MANAGEMENT**

SPSM 121: HUMAN GROWTH AND PHYSICAL ACTIVITY

STREAM:

TIME: 2 HRS

DAY: MONDAY [11.30-1.30 P.M]

DATE: 15/04/2024

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

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Instructions

Answer question one and two other Questions

- a) Differentiate between boys and girls motor skill abilities during the adolescent Stage. **(15 marks)**
- b) How can a Sports Scientist use this information to design suitable sports activities for boys and girls. **(15 marks)**

QUESTION TWO

Explain safety measures a sports manager can put in place to ensure learners at different developmental stage participate in physical activities without harm **(20 marks)**

QUESTION THREE

Explain the physiological changes that occur during the adulthood stage and show how these changes affect motor skill performance. **(20 marks)**

QUESTION FOUR

- a) Define the term feedback **(6marks)**
- b) Explain the role of feedback in the learning of motor skills **(14 marks)**

QUESTION FIVE (20 Marks)

Differentiate between:

- i) Growth and Development **(4 marks)**
- ii) Mature and Immature motor pattern **(4 marks)**
- iii) Fundamental and Complex skills **(4 marks)**
- iv) Phenotype and Genotype **(4 marks)**
- v) Fine and Gross motor skills **(4 marks)**

