



National Open University of Nigeria
Faculty of Education
Human Kinetics and Health Education Department
2021_2 EXAMINATION

Course Code: KHE 335 Course Status: 2C Time: 2 hours

Course Title: Motor Learning and Human Performance

Instruction: Answer Question ONE and any other Two Questions

- 1a. Explain the concept of Motor Learning. 2¹/₂ Marks
b. Write briefly with examples on the followings;
 i. Principles of Motor Learning
 ii. Learning versus Performance
 iii. Theory of Motor Control and Learning
 iv. Speech Motor Control and Learning Each 2¹/₂ x 4= 10 Marks
c. Critically examine five (5) implications of learning theories on sports skill mastery Each 2x 5= 10 Marks
d. List and explain three (3) stages of information processing as it's related to skill performance. Each 2¹/₂ x 3= 7¹/₂ Marks
- 2a. Explain four (4) important roles played by cerebellum in motor control. Each 2¹/₂ x 4=10 Marks
b. Discuss five (5) factors to be considered when applying principles of motor theories. Each 2x5=10 Marks
- 3a. Explain the concept of motor skill 2¹/₂ Marks
b. Write comprehensively on three (3) factors that can influence motor skill Each 2¹/₂ x 3= 7¹/₂ Marks.
c. Write short note with examples on the following terms
 i. Gross motor skill
 ii. Fine motor skill
 iii. Muscles tone
 iv. Growth of the child Each 2¹/₂ x 4= 10 Marks.

4a. Explain choice of motor pattern and the control of voluntary movement under the following;

- i. Coordination
- ii. Execution
- iii. Adaptation
- iv. Anticipatory control
- v. Flexibility

Each 2x5=10 Marks

4b. Describe the primary angular motion of the following joint

- i. Hinge joint
- ii. Pivot joint
- iii. Ellipsoid joint
- iv. Ball and socket joint
- vi. Plan joint

Each 2x5=10 Marks