



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
FACULTY OF EDUCATION
DEPARTMENT OF HUMAN KINETICS & HEALTH EDUCATION
2025_1 EXAMINATION...

COURSE CODE: KHE 335

COURSE TITLE: MOTOR LEARNING AND HUMAN PERFORMANCE

UNITS: 2C

TIME: 2HRS

INSTRUCTION: Answer question one (1) & any other two (2) questions from the options provided.

1.
 - a. Identify ten (10) defining attributes of skill and skill performance from a psychological perspective.
 - b. What is priming?
 - c. Highlight the major theories of motor control.
2.
 - a. Discuss the term reciprocity.
 - b. Write short explanatory note on the Skin and state it's function.
3.
 - a. Discuss the types of motivation.
 - b. Identify two types of emotions with three (3) examples each.
4.
 - a. Observable changes in motor behaviour are the results of the interaction between biological and environmental factors. Outline five (5) of such biological factors.
 - b. Briefly discuss the factors affecting motor development.