



NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1230

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMME

SSC1230 : FUNDAMENTALS OF MOTOR LEARNING AND CONTROL

EXAMINATION QUESTION PAPER

MARCH 2025

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: MR M BANDA

INSTRUCTIONS

- 1) Answer any 4 questions.
- 2) Each question carries 25 marks.
- 3) Where a question contains subdivisions, the mark value for each subdivision is given in brackets.

MARK ALLOCATION

QUESTION	MARKS
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
TOTAL	100

1.
 - a. How do motor control, motor learning, and motor development differ in their roles and processes, and how can understanding these differences enhance coaching strategies and athlete performance in sports. [15 marks]
 - b. Motor skills can be classified along various continua. Discuss the various classifications motor skill and provide an example of a motor skill for each. [10 marks]
2.
 - a. How can coaches and athletes effectively address common challenges at each stage of learning motor skills to improve performance and skill mastery in sports. [15 marks]
 - b. Discuss the Gentile's two stage model. [10 marks]
3. Examine the role of sensory systems in enhancing athletic performance and motor control in sports. [25 marks]
4. Discuss how Schmidt's Schema Theory, Adams' Closed-Loop Theory, and Ecological Dynamics, can be applied in designing effective training programmes for athletes to acquire and refine motor skills. [25 marks]
5. Methods of instruction in sport are essential for effective skill acquisition and performance improvement.
 - a. Define four different methods of instruction used in sports coaching. Provide an example of how each method could be applied in a specific sport. [13 marks]
 - b. Choose one sport and explain how a coach could use three different methods of instruction to teach a specific skill or tactic. [6 marks]
 - c. Discuss the factors a coach should consider when selecting the most appropriate method of instruction for their athletes. [6 marks]
6. Discuss the role and function of giving feedback when coaching or teaching. [25 marks]

END OF EXAMINATION