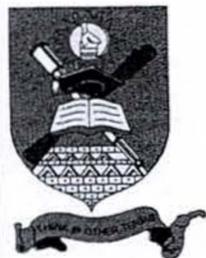


NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC1230

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND  
COACHING

**CONVENTIONAL/BLOCK RELEASE PROGRAMME**

SSC1230: FUNDAMENTALS OF MOTOR LEARNING AND CONTROL

**EXAMINATION QUESTION PAPER  
(MARCH 2024 INTAKE)**

**SEPTEMBER 2023**

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. Identify the purpose and components of motor learning and motor control. [8 marks]  
b. Outline the difference between open skill and closed skill. [8 marks]  
c. Discuss the three motor skill classifications by task organization. [9 marks]
2. a. Discuss the stages of learning and give sport-related examples. [15 marks]  
b. Outline the role of visual and verbal instruction during learning. [10 marks]
3. a. Besides skill, outline other factors that influence motor skill performance. [15 marks]  
b. What role do motor abilities play in individual performance? [10 marks]
4. Discuss and outline the limitations of the different motor learning theories. [25 marks]
5. a. Effective methods of providing instructions when learning motor skills depend on demonstrations and instructions are used. Discuss the benefits of observing a correct demonstration. [12 marks]  
b. In learning, making errors, receiving feedback, and improving performance are key. Discuss the influence of beginners observing other beginners as they practice a skill. [13 marks]
6. Explain how sensory and central nervous system contribute to motor control or performance. [25 marks]

**END OF EXAMINATION**