



REFORMED CHURCH UNIVERSITY

**FACULTY OF EDUCATION AND SOCIAL SCIENCES
BACHELOR OF EDUCATION (B. Ed) HONOURS DEGREE IN
SPORTS SCIENCE**

**PEDAGOGY AND MOTOR SKILLS ACQUISITION IN SPORTS
SCIENCE**

HSPS 111

PART 1 SEMESTER 2 EXAMINATION

TOTAL MARKS [100]

DATE: DECEMBER 2022

Time: 3 Hours

INSTRUCTIONS

1. This paper has *five (5)* questions
2. Answer any *three (3)* questions
3. Each question carries *100 marks*
4. Start each question on a new page

1. Discuss any three personal considerations to skill acquisition and proficiency. (100)

2. (a) Explain the following skills with support of relevant sport examples.
 - (i) Open and Closed (20)
 - (ii) Discrete (20)
 - (iii) Continuous (20)
 - (iv) Serial (20)(b) Examine the causes of plateaus in skill acquisition using concrete examples. (20)

3. Assess any three (3) conditions of practice in motor learning. Support your answer with concrete examples. (100)

4. (a) Assess any three (3) factors that should be considered when selecting a teaching style in Sports Science. (100)

5. With the aid of relevant examples, examine any three (3) phases of motor learning in skill acquisition. (100)

End of Paper