

c1

Student: _____

1. *Motor behavior* can be defined as
 - A. the study of movement technique
 - B. the study of both the psychological factors that influence sport and exercise and the psychological effect derived from them
 - C. the study of the functioning of the human body during exercise and work
 - D. the subdiscipline that stresses the principles of human skilled movement generated at a behavioral level of analysis
2. Clark and Whitall distinguish four historical periods of motor development. In order, they are
 - A. precursor period, normative/descriptive period, maturational period, process-oriented period
 - B. precursor period, maturational period, normative/descriptive period, process-oriented period
 - C. precursor period, normative/descriptive period, process-oriented period, maturational period
 - D. normative/descriptive period, precursor period, maturational period, process-oriented period
3. Human movement is possible as a result of
 - A. the nervous system
 - B. gravity
 - C. the interaction of body systems
 - D. involuntary response

4. A study examining differences in throwing performance (distance thrown) among children ages 5, 10, and 15 years and using data about all age groups collected on the same day, is an example of

- A. cross-sectional research
- B. longitudinal research
- C. ethnographic research
- D. cohort research

5. *Proximodistal* refers to growth in the human body that proceeds from the

- A. feet toward the head
- B. head toward the feet
- C. center or midline toward the periphery of the body
- D. periphery toward the center or midline of the body

6. *Cephalocaudal* refers to growth in the human body that proceeds from the

- A. feet toward the head
- B. head toward the feet
- C. center or midline toward the periphery of the body
- D. periphery toward the center or midline of the body

7. The period of the Mountain of Motor Development that emphasizes the emergence of voluntary movement following the inhibition of reflexes is the
- A. reflexive period
 - B. skillful period
 - C. compensation period
 - D. preadapted period
8. According to the authors of the Mountain or Motor Development, the ascent up the mountain begins
- A. long before we arrive at its base
 - B. in the reflexive period
 - C. fundamental patterns period
 - D. context specific period
9. The last period on the Mountain of Motor Development is the
- A. compensation period
 - B. reflexive period
 - C. context specific period
 - D. fundamental patterns period

10. According to Robertson's work with stage development, for stages to exist

- A. each stage must be unique from all others
- B. the order of stages must be invariant
- C. the stages must be universal
- D. all of the above

11. An example of a product-oriented investigation is one that highlights the

- A. degree of extension around the hip joint when preparing to kick a ball
- B. role of vision in performing a kick
- C. velocity that a ball can be projected by kicking
- D. effect of a child's estimate of self-worth and its effect on kicking

12. An example of motor development research is

- A. the comparison of various types of stimuli and their effects on reaction time of college students
- B. the examination of mass and distributed practice and their effects on the learning of 35-year-old subjects
- C. the administration of a reaction-time test to 15-year-olds and 25-year-olds and comparing their test performances
- D. the comparison of the body composition of male and female distance runners

13. According to Clark and Whitall, motor development is the study of

- A. children's movement
- B. how relatively permanent changes in movement occur
- C. the maturation of movement
- D. changes in motor behavior across the lifespan

14. The neonatal period encompasses birth to

- A. 22 days of life
- B. 1 week of life
- C. 1 year of life
- D. 2 years of life

15. Growth is a(n)

- A. change to a higher level of function
- B. increase in physical size
- C. innate change to a higher level of functioning
- D. regression or progression in physical size

16. Growth that occurs as a result of change in cell size is

- A. hyperplasia
- B. hyperextension
- C. accretion
- D. hypertrophy

17. Growth that occurs as a result of change in cell number is

- A. hyperplasia
- B. hyperextension
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18. *Gross motor* refers to

- A. movements performed as a function of large muscle groups
- B. movements performed as a function of small muscle groups
- C. unusual, grotesque movements of early childhood
- D. unusual, grotesque movements of prenatal life

19. *Fine motor* refers to

- A. movements performed as a function of large muscle groups
- B. movements performed as a function of small muscle groups
- C. unusual movements of early childhood
- D. unusual movements of prenatal life

20. The three major domains of human development according to Bloom include

- A. social, emotional, behavioral
- B. cognitive, emotional, behavioral
- C. psychological, social, mental
- D. cognitive, affective, psychomotor

21. While Bloom has identified three major educational domains of human development, the text suggests the addition of a fourth domain:
- A. growth-related
 - B. health-related
 - C. physical
 - D. physiological
22. Maturation differs from growth in that
- A. maturation is functional and growth is structural
 - B. maturation is structural and growth is functional
 - C. maturation is progressive and growth is regressive
 - D. maturation is regressive and growth is progressive
23. The ability to coordinate left and right arms in the performance of a movement task best illustrates the concept known as
- A. cephalocaudal
 - B. proximodistal
 - C. differentiation
 - D. integration

24. The most common indicator for the offset (end) of adolescence is

- A. achievement of sociocultural maturity
- B. achievement of maximal height
- C. reaching voting age
- D. graduating from high school

25. Middle adulthood is characterized as ages

- A. 25-45 years
- B. 30-50 years
- C. 40-60 years
- D. 50-70 years

c1 Key

1. *Motor behavior* can be defined as

- A. the study of movement technique
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Payne - Chapter 01 #1

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Payne - Chapter 01 #2

3. Human movement is possible as a result of

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Payne - Chapter 01 #3

4. A study examining differences in throwing performance (distance thrown) among children ages 5, 10, and 15 years and using data about all age groups collected on the same day, is an example of

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Payne - Chapter 01 #7

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Payne - Chapter 01 #8

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Payne - Chapter 01 #9

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Payne - Chapter 01 #10

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Payne - Chapter 01 #11

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Payne - Chapter 01 #12

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Payne - Chapter 01 #13

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Payne - Chapter 01 #14

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Payne - Chapter 01 #15

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Payne - Chapter 01 #16

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Payne - Chapter 01 #17

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Payne - Chapter 01 #18

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Payne - Chapter 01 #19

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Payne - Chapter 01 #20

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Payne - Chapter 01 #21

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Payne - Chapter 01 #22

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Payne - Chapter 01 #23

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Payne - Chapter 01 #24

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Payne - Chapter 01 #25

c1 Summary

	<u>Category</u>	<u># of Questions</u>
	Payne - Chapter 01	25