**PSYCHOLOGICAL FACTORS INFLUENCING SPORT**

**ASSESSMENT 3**

|  |  |  |  |  |  |  |
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| **Name :** | | | | | **MEG :** | |
| **Total** | **/ 24** | **%** |  | **Grade** | |  |
| **Staff Comments :**  **+**  **-** | | | | | | |
| **Student Comments :** | | | | | | |

1. Consider the following statements:

**“Horizontal flexion is the movement of the limbs away from the midline of the body parallel to the ground.”**

**“Rotation is the movement whereby articulating bones turn about their longitudinal axis in a screwdriver action.”**

1. Which of the following is true?

**Put a tick (☑) in the box next to the correct answer.**

1. Both Statements are true.  **☐**

**B.** The first statement is true, the second is false. **☐**

**C.** The first statement is false, the second is true. **☐**

**D.** Both statements are false.  **☐**

**[1 Mark]**

1. In order for a muscle to contract, one or more motor units will be stimulated and will follow the ‘all or none’ law.

(i)Describe the structure of a motor unit.

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**3 marks**

1. **Fig.2 shows a gymnast holding a position on the rings.**



**Fig 2.**

Name the muscle and the type of movement at the hip. State the type of contraction while the position is being held.

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[**3 Mark)**

1. The muscle fibre type that would be used during an endurance event will be primarily a Slow Oxidative fibre. Give 2 structural and 2 functional characteristic of this fibre

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**(4 marks)**

**5.** Identify a motor skill in sport and justify its classification on the open-closed continuum.

Explain which practice methods would be most appropriate for this skill.

**(5 marks)**

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**6.** The learning of movement skills is divided into phases.

Identify the three phases of learning movement skills. Using practical examples, describe each phase.

**(3 marks)**

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1. **Practice can be massed or distributed. What is distributed practice, when might it be used and what are the advantages of this type of practice? (5 marks)**

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**Total 24**