Chapter 1

All questions are categorized by concept, thereby enabling the instructor to test students on the particular concepts emphasized in class.

Concept 1.1: Instruction does not explain learning, development does.

b.	1. Although instruction is an important aspect of the teaching-learning process, instruction does not explain learning. What does? a. Age b. Development c. Gender d. Intelligence e. Motor abilities
b.	2. In order to select and use appropriate instruction techniques and intervention procedures, teachers need to: a. Learn motor milestones b. Understand development c. Follow an age specific curriculum d. Read only teaching journals e. Learn movement stages

Concept 1.2: The study of motor development in the past was overshadowed by interest in cognitive and affective development.

c.	3. Historically, developmental psychologists tended to use motor development as: a. A way to place blame for developmental disabilities b. An audio indicator of developmental change c. A visual indicator of developmental change d. A way to explain developmental phenomena e. A means for refuting other theories
b.	4. The primary thrust of motor development research has come from the many branches of which discipline? a. Biology b. Psychology c. History d. Sociology e. Linguistics
e.	5. Study of motor development as a specialized field of scholarly inquiry did not gain real impetus until the: a. 1930s

	b. 1940s c. 1950s d. 1960s e. 1970s
e.	6. Motor development as a legitimate area of study cuts across all of the following fields, *except*: a. Physiology b. Biomechanics c. Motor control d. Motor learning e. All of these are correct.
c.	7. The three components of the transactional model of causation in motor development are: a. Individual, family, culture b. Age, gender, intelligence c. Individual, environment, task d. Age, individual, genetics e. Heredity, biology, nature

Concept 1.3: Development is a lifelong process beginning at conception and ceasing only at death.

e.	8. Development is a process occurring from: a. Conception until puberty b. Conception until the late teens or early twenties c. Birth until the late teens or early twenties d. Birth until death e. Conception until death
d.	9. Overreliance on typical age periods of development negates the concepts of: a. Continuity b. Specificity c. Individuality d. All of these are correct. e. None of these is correct.

Concept 1.4: Development is age-related but not age-dependent.

e.	10. The sequence of movement skill acquisition is quite specific, but the _____ of development is individually determined and influenced by the performance demands of the task. a. Age b. Start

	c. End d. Occurrence e. Rate and extent
a.	11. Twelve months is the average age at which a child starts to walk, but your child does not start to walk until 14 months of age. This is a clear indication that development is _____ but not _____. a. Age-related; age-dependent. b. An estimate; for certain c. A guess; very accurate d. An approximation; very specific e. Rate specific; sequence specific
d.	12. Since development is age-related, professionals and parents know that an infant who begins to walk at 10 months of age instead of the average 12 months is: a. Atypical and needs evaluation b. One who needs to be made to crawl until 1 year old c. More likely to be an athlete d. Developing typically e. More likely to do well in school

Concept 1.5: Historically, the study of motor development has gone through periods that have emphasized various explanations of the developmental process.

b.	13. Serious attempts at the study of motor development first occurred from a maturational perspective, led by_____ and _____. a. Gesell; Piaget b. Gesell; McGraw c. Vygotsky; Piaget d. Shirley; Bayley e. Erikson; Gesell
e.	14. Much of what we know about the sequence of *infant* movement skill acquisition is based on the descriptive work of all of the following, *except*: a. Arnold Gesell b. Myrtle McGraw c. Mary Shirley d. Nancy Bayley e. Lolas Halverson
e.	15. Motor development emerged as a separate field of study within kinesiology due largely to the work of: a. Glassow b. McGraw c. Rarick

	d. Both Glassow and McGraw e. Both Glassow and Rarick

Concept 1.6: Whereas age-related changes in motor behavior can be studied through cross-sectional research designs, true developmental change can only be studied through longitudinal and mixed-longitudinal research designs.

b.	16. The longitudinal method of studying development: a. Is the least time consuming research approach b. Collects data on the same subject over time c. Collects data on different aged subjects at one point in time d. Is the least time consuming research approach and collects data on the same subject over time e. Is the least time consuming research approach and collects data on different aged subjects at one point in time
b.	17. The cross-sectional method of studying age-related change: a. Collects data on the same subjects over time (5 years or more) b. Collects data on different aged subjects c. Is the best for developmental studies d. Is seldom used e. Tells us little about age differences
e.	18. A research investigation that provides test scores on a health-related fitness test on the same individuals for a 5-year period is considered to be a: a. Cross-sectional study of motor development b. Cross-sectional study of physical fitness c. Mixed-longitudinal study of motor development d. Longitudinal study of cross-cultural performance e. Longitudinal study of physical fitness
d.	19. Data collected on the same subjects over time that adds additional subjects on a regular basis and continues to examine them over the remainder of the investigation is referred to as a: a. Cross-sectional study b. Mixed-sectional study c. Longitudinal study d. Mixed-longitudinal study e. Cross-cultural study
e.	20. Developmental research studies may take the format of which type of study? a. Experimental b. Naturalistic c. Observational d. Surveys e. All of these are correct.

b.	21. A researcher has 10 subjects with Down syndrome. All of the subjects are 3 months old, and the researcher is planning to observe these subjects for four consecutive years. What type of research method is being used? a. Cross-sectional method b. Longitudinal method c. Mixed-longitudinal method d. Mixed-sectional method e. Cross-cultural method
e.	22. True developmental change can only be studied through longitudinal and mixed longitudinal designs because: a. Motor development research involves the study of changes that occur in motor behavior over time. b. Cross-sectional method yields only average age differences in groups across time, and not real individual changes across developmental time. c. Longitudinal methods measure age-related changes in behavior. d. These are the only two types of research designs. e. Motor development research involves the study of changes that occur in motor behavior over time, cross-sectional method yields only average age differences in groups across time, and not real individual changes across developmental time, and longitudinal methods measure age-related changes in behavior.
a.	23. Because of its sampling technique and rigid controls, the most powerful research design is the: a. Experiment b. Naturalistic observation c. Survey d. Interview e. Case study

Concept 1.7: Motor development may be studied from either a process or a product orientation.

e.	24. Product-oriented research yields performance scores in terms of: a. Form and style b. Time and distance c. Accuracy and quantity d. Form and style and time and distance e. Time and distance and accuracy and quantity
d.	25. Which of the following does *not* represent a product-oriented measurement? a. How far a ball is thrown b. How many times a ball is caught out of 10 trials

	c. How fast did a child run a 20 meter sprint d. Did the subject step forward with the non-dominate foot when throwing e. How many times did the archer hit the bulls-eye
c.	26. A researcher measuring the distance a group of individuals throwing a shot put is conducting: a. Case history research b. Cross-cultural research c. Product-oriented research d. Process-oriented research e. None of the above
d.	27. Process oriented research focuses on _____, while product-oriented research emphasizes _____. a. Performance; abilities b. Time; completion c. Abilities; form and function d. Form and function; performance capabilities e. Who is involved; what is involved
b.	28. A researcher observing the use of the trunk, hips, and knees of a group of basketball players as they do vertical jumps is conducting: a. Product-oriented research b. Process-oriented research c. Observational assessment d. Longitudinal research e. Experimental research

Concept 1.8: Although chronological age is the most commonly used means of age classification, it can often be the least valid.

a.	29. Methods of classifying age include all of the following, *except*: a. Biomechanical age b. Skeletal age c. Mental age d. Chronological age e. Dental age
b.	30. Currently, pediatricians interested in comparing the morphological age of their patients use: a. The Wetzel Grid b. Physical growth charts from the National Center for Health Statistics c. Tanner Maturity Scale d. Tooth eruption e. X-rays of the carpal bones

b.	31. Of the following, which is *not* a determinant of biological age? a. Morphological age b. Emotional age c. Skeletal age d. Dental age e. Sexual age
e.	32. Students in the seventh grade will be quite similar in chronological age and: a. Morphological age b. Sexual age c. Emotional age d. Skeletal age e. Different in morphological, sexual, emotional, and skeletal age

Concept 1.9: Terms convey critical concepts essential to understanding motor development.

d.	33. Simply stated, the term "growth" refers to: a. Increases and decreases in function b. Increases in function only c. Increases and decreases in structure d. Increases in structure only e. Lifelong positive changes in behavior
a.	34. Simply stated, the term "development" refers to: a. Changes in function over time b. Increases in function only c. Increases and decreases in structure d. Increases in structure only e. Lifelong positive changes in behavior
e.	35. The process of "maturation" is: a. Environmentally based b. Extrinsically motivated c. A function of nurturing the organism d. Almost equally influenced by genetic and cultural factors e. Genetically based but environmentally influenced
a.	36. "Nature" is to "nurture" as: a. Intrinsic is to extrinsic b. Adaptation is to learning c. Learning is to forgetting d. Heredity is to maturation e. Structure is to function

e.	37. Which of the following is characterized by a fixed order of progression in which the pace may vary but the sequence of appearance of characteristics generally does not? a. Behavior b. Development c. Growth d. Experience e. Maturation
a.	38. Growth is to _____, as development is to_____. a. Changes in structure; changes in function b. Changes in function; changes in the physical c. Changes in thinking; changes in emotions d. Changes in function; changes in thinking e. Changes in structure; changes in emotions

Concept 1.10: Human behavior may be classified into three domains: psychomotor, cognitive, and affective.

e.	39. The three "domains" of human behavior are generally considered to be: a. Locomotion, manipulation, stability b. Games, rhythms, self-testing c. Effort, space, relationships d. Physical fitness, motor fitness, emotional fitness e. Cognitive, affective, psychomotor
a.	40. Instructors who encourage students and provide positive reinforcement are demonstrating concern for development in which domain? a. Affective b. Cognitive c. Psychomotor d. Conceptual e. Motor
b.	41. Motor learning is characterized by: a. Temporary changes in behavior b. A relatively permanent change in behavior c. An absence of choice d. Rote memorization e. Open-mindedness
a.	42. All of the following statements about the cognitive, affective and psychomotor domains of behavior are true, *except*: a. They are independent components of behavior. b. They are interrelated aspects of behavior.

	c. They are used in physical education and athletics. d. They are used in work and activities of daily living. e. They are used in English and math classes.

Concept 1.11: Motor behavior is an umbrella term encompassing the complementary but essentially different areas of study embodied by motor learning, motor control, and motor development.

c.	43. The study of "motor control" focuses on: a. Isolated changes in observable factors influencing movement performance b. Isolated changes in physical education c. The neural and physical mechanisms that underlie human movement d. Isolated changes in the observable factors influencing motor performance e. All of these are correct
b.	44. A "movement pattern": a. Is the same as a fundamental pattern b. Is an organized series of related movements (ex. overhand pattern) c. Is an organized series of basic movements executed to perform a generally defined task (ex. throwing) d. Focuses on accuracy and control (ex. throwing at a target) e. Focuses on implementation in a sport activity (ex. a baseball game)
d.	45. A "movement skill": a. Is the same as a movement pattern b. Is an organized series of related movements (ex. overhead pattern) c. Is an organized series of basic movements executed to perform a generally defined task (ex. throwing) d. Focuses on accuracy and control (ex. throwing at a target) e. Focuses on implementation in a sport activity (ex. a baseball game)
c.	46. A "fundamental movement pattern": a. Is the same as a movement skill b. Is an organized series of related movements (ex. overhand pattern) c. Is an organized series of basic movements executed to perform a generally defined task (ex. throwing) d. Focuses on accuracy and control (ex. throwing at a target) e. Focuses on implementation in a sport activity (ex. baseball game)
e.	47. "Motor" is to "movement" as: a. Pattern is to skill b. Physical education is to movement education c. Control is to performance d. Learning is to forgetting e. Internal is to external

a.	48. A subject moves from a sitting position to a standing position for several trials. A researcher observes the underlying processes involved in these performances of the movement. The researcher is studying aspects of _____ of the subject. a. Motor control b. Motor development c. Motor learning d. Motor behavior e. Motor skills
e.	49. Observable change in the position of any part of the body is known as: a. Movement skill b. Fundamental movement pattern c. Movement pattern d. Sport skill e. Movement
c.	50. Basic running, jumping, striking, throwing, and twisting are all examples of: a. Motor combinations b. Movement patterns c. Fundamental movement patterns d. Sport skills e. Movement skills

Concept 1.12: Although there are a variety of helpful one- and two-dimensional schemes for classifying movement, all fall short in fully capturing the breadth, depth, and scope of human movement.

c.	51. An example of a "discrete" movement task is: a. 50-yard dash b. Soccer dribble c. Shot put d. Bicycling e. 200-meter breaststroke
b.	52. An example of a "serial" movement task is: a. 50-yard dash b. Soccer dribble c. Shot put d. Bicycling e. 200-meter breaststroke
e.	53. Target archery may be classified as a: a. Discrete, fine motor, open movement task b. Discrete, gross motor, open movement task

	c. Continuous, gross motor, closed movement task d. Continuous, fine motor, closed movement task e. Discrete, fine motor, closed movement task
c.	54. The 200-meter breaststroke may be classified as a: a. Discrete, fine motor, open movement task b. Discrete, gross motor, open movement task c. Continuous, gross motor, closed movement task d. Continuous, fine motor, closed movement task e. Discrete, fine motor, closed movement task
e.	55. Individual sports such as archery, swimming, and most track and field events: a. Take place in a dynamic environment thus requiring constant change and major modification in the task performed b. Require greater adaptation to environmental changes during performance than do most dual and team sport activities c. Are most generally fine motor in nature d. Most often involve the performance of discrete movement skills e. Take place in a relatively static environment thus requiring little modification in performance of the task
d.	56. Of the following, which is *not* a discrete movement? a. Throwing b. Jumping c. Kicking d. Running e. Striking a ball
d.	57. Standing, sitting, bending, stretching, and twisting are all movements performed in a yoga class. These movements are classified as: a. Manipulation tasks b. Locomotor tasks c. Closed motor skills d. Stability tasks e. Gross motor skills