



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF REHABILITATIVE MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF TRIMESTER EXAMINATIONS MAY TO AUGUST 2023

UNIT CODE: PHT 136

UNIT NAME: DEVELOPMENT, GROWTH AND NUTRITION

DATE: 8th AUGUST 2023

TIME: 6PM-8PM

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. It is the student's responsibility to report any page and number missing in this paper.**
- 3. Check that the paper is complete**
- 4. Total number of pages is 11 including the cover.**
- 5. Read through the paper quickly before you start.**

PART A: MULTIPLE CHOICE QUESTIONS

Answer all questions

1. Which of the following statements best describes how cognitive development impacts emotional development?
 - a) The ability to conceptualize, reflect upon and understand one's own personality and personality of others is central to emotional competence.
 - b) The ability to conceptualize, reflect upon and understand one's own emotions and the emotions of others is central to emotional competence.
 - c) The ability to conceptualize, reflect upon and understand one's own abilities and the abilities of others is central to emotional competence.
 - d) The ability to conceptualize, reflect upon and understand one's competence and the competence of others is central to emotional competence.

2. What are the first emotions that can be recognized in babies?
 - a) Joy, mistrust, guilt and fear
 - b) joy, anger, sadness and fear.
 - c) Joy, happiness, pride and anger
 - d) Joy, sadness, tearfulness, anger

3. What do you understand by the term sensorimotor development?
 - a) Sensorimotor functioning is the body's ability to capture the senses and the muscle system.
 - b) Sensorimotor functioning is the body's ability to develop the senses and the muscle system.
 - c) Sensorimotor functioning is the body's ability to integrate the senses and the muscle system.
 - d) Sensorimotor functioning is the body's ability to bind the senses and the muscle system.

4. Development is the of nature and nurture

- a) Interaction
- b) Alienation
- c) Independent action
- d) Bonding

5. What is the correct sequence of periods of a child's development?

- a) Infancy, prenatal, early childhood adolescence, middle childhood
- b) Infancy, prenatal, early childhood middle childhood, adolescence
- c) Prenatal, Infancy, childhood, adolescence, middle childhood
- d) Prenatal infancy, early childhood, middle childhood, adolescence

6. Which statement best define sensory processing?

- a) Sensory processing refers to how the glands organizes the sensations it receives via the senses.
- b) Sensory processing refers to how the brain organizes the sensations it receives via the senses.
- c) Sensory processing refers to how the soul organizes the sensations it receives via the senses.
- d) Sensory processing refers to how the hypothalamus organizes the sensations it receives via the senses.

7. According to Sigmund Freud personality is composed of three elements, namely

- a) Ego super, ID and ego
- b) ID, ego, and superego
- c) ID, super ego and super ID
- d) None of the above

8. What is the 5th stage of Erikson's theory of development?
- a) Initiative vs isolation
 - b) Industry vs inferiority
 - c) Role confusion vs Identity
 - d) Role confusion vs inferiority
9. The vestibular system, located in the inner ear, is responsible for
- a) The sense of hearing
 - b) The sense of balance
 - c) The sense of vision
 - d) The sense of emotions
10. The difference between gross and fine motor skills is whether they
- a) are due more to nature or nurture
 - b) involve bigger or smaller muscles
 - c) are controllable
 - d) involve mental or physical skills
11. The best example of a fine motor skill we may see in a baby/toddler is
- a) Pinching small objects
 - b) Standing using furniture
 - c) Crawling around objects
 - d) Walking with two hands held together
12. The term cephalocaudal
- a) refers to growth and development that occurs from the chest up
 - b) refers to growth and development that occurs from the legs down
 - c) refers to growth and development that occurs from the head down
 - d) refers to growth and development that occurs from the waist down

13. The sense that is the least developed at birth is

- a) hearing
- b) taste
- c) smell
- d) vision

14. The word motor skills refer to the movement of

- a) Organs
- b) Muscles
- c) Glands
- d) Body fluids

15. What are some of the tests and procedures that are used to determine the cause of adult bed-wetting?

- a) Physical exam
- b) Urine & Urologic tests
- c) Neurological evaluation
- d) All of the above

16. There are four types of urinary incontinence except

- a) urgency,
- b) stress,
- c) functional and overflow
- d) Binge pressure

17. Dementia is a term used to describe a group of symptoms that interfere with one's daily life. The following are all cognitive symptoms of dementia except?

- a) Memory loss
- b) Depression & Anxiety.
- c) Problems with reasoning or problem-solving.
- d) Trouble with planning and organizing.

18. A healthy diet throughout life works to promote the following except?

- a) Healthy pregnancy outcomes
- b) Supports normal growth, development and ageing
- c) Helps to maintain a healthy body weight
- d) Promotes the risk of chronic disease

19. Hand-eye coordination is a part of child development and is a skill that develops naturally. One of your clients is however presenting with poor eye coordination, the symptoms to watch out for include the following except?

- a) Double vision
- b) Headaches, eye and body fatigue,
- c) Increased ability to read and concentrate
- d) Irritability and dizziness

20. Which statement best describes personality?

- a) Personality refers to the enduring characteristics and behaviour that comprise a person's unique adjustment to life.
- b) Personality describes the temporary patterns of thoughts, feelings, and behaviors that distinguish a person from others
- c) Personality refers to the disinhibited characteristics and behaviours that comprise a person's unique adjustment to life.
- d) None of the above

21. Major areas of child development includes the following except?
- a) Gross motor, Fine motor, Social, Language.
 - b) Gross motor, Fine motor, Social, culture.
 - c) Gross motor, Fine motor, personality, Language.
 - d) Gross motor, Fine motor, Social, cognition.
22. One of the following is not a stage of language acquisition in children, namely?
- a) Single word stage
 - b) Two-word stage
 - c) Three – word stage
 - d) Telegraphic phase
23. Poor maternal nutrition is a major risk factor for poor health, what are some of the post-natal risk factors?
- a) Stillbirth
 - b) Low birthweight
 - c) Developmental delays in children
 - d) All of the above
24. A child first starts to learn hand movement then finger movement, followed by the movement of both hand and finger together; this is called the
- a) Principle of continuity
 - b) Principle of integration
 - c) Cephalocaudal principle
 - d) Proximodistal principle
25. which of the following is true for the process of growth and development?
- a) Both are natural processes
 - b) Growth is natural while development needs external intervention
 - c) Once growth is complete development follows
 - d) Both processes go together without any external intervention

26. Which of the following principles suggest that different body parts develop at different rates at various stages of development?

- a) Development is unidimensional
- b) Development is unidirectional
- c) Development is a continuous process
- d) Development is proximodistal and cephalocaudal

27. Who was the proponent of moral theory of development?

- a) Jean Piaget
- b) Homberg Erikson
- c) Lawrence Kohlberg
- d) Lincoln Kohlberg

28. Studies in human development take into consideration the period from

- a) Birth to death
- b) Conception to death
- c) Childhood to death
- d) Birth to adolescence

29.refers to traits that are biological or inherited.

- a) Nature
- b) Genetics
- c) Nurture
- d) hormones

30. Kellian has just started to respond to questions in a logical and better organized manner while specifying the logic behind her response. As per jean Piaget's theory of cognitive development she has enteredstage

- a) Sensorimotor
- b) Pre-operational
- c) Concrete operational
- d) Formal operation

PART B: SHORT ANSWERS - 10 MARKS

Answer all questions

1. Babies need to receive constant loving touch in order to develop and be healthy. The sense of touch is important for theirdevelopment. **(1 mark)**
2. Distinguish between primary enuresis and secondary enuresis. **(2 marks)**
3. Prenatal development of a baby occurs in three stages, namely, and **(3 marks)**
4. A risk factor is something that decreases the chance of developing a disease. **(1 mark)**
 - True
 - False
5. The definition of proprioception is our sense of body awareness or body position that enables someone to sense the effort being exerted, to determine our position in space and to control our arms and legs. **(1 mark)**
 - True
 - False
6. Many time we use terms like urinary incontinence and bedwetting, Explain briefly the difference between the two terms. **(2 marks)**

PART C: LONG ANSWERS:

Long answers: Answer any 3 questions – 30 marks

1. A foetus is the unborn offspring that develops from an embryo. Discuss the developmental changes that occurs during the foetal stage of development. **(10 marks)**
2. Scientists have been looking for a single theory that can explain aging, however they have realized that aging is a complex interaction of many factors. Discuss any three of the following theories of aging **(10 marks)**
 - a. Wear and tear theory
 - b. Rate of living theory
 - c. Programme longevity theory
 - d. Free radicals' theory
 - e. Somatic DNA damage theory
3. Freud's psychoanalytic theory was the first theory on human development and it stated that children go through psychosexual stages, using examples describe the stages of psychosexual development **(10 marks)**
4. Sexual identity is how we perceive ourselves as sexual beings. Using examples discuss the following components of sexual identity. **(10 marks)**
 - a. Biological gender,
 - b. Gender identity,
 - c. Gender role
 - d. Sexual orientation.