



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF REHABILITATIVE MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2024

UNIT CODE: PHT 136

UNIT NAME: DEVELOPMENT, GROWTH, AND NUTRITION

DATE: 11th APRIL 2024

TIME: 9AM-11AM

INSTRUCTIONS

1. All students will have two (2) hours to complete the examination
2. Attempt all questions as per the instruction
3. It is the student's responsibility to report any page and number missing in this paper.
4. Check that the paper is complete

PART A: MCQ ANSWER ALL QUESTIONS – 30 MARKS

1. Major areas of child development include 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.

2. 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

3. 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

4. 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

5. Which of the following is not a characteristic of the proximodistal principle of development?

- a) Growth proceeds from the center of the body to the periphery.
- b) Growth proceeds from the head to the toes.
- c) Growth proceeds in a sequential fashion.
- d) Growth proceeds from the general to the specific.

6. 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 for children
- d) All of the above

7. Which of the following is not a factor that influences growth and development?

- a) Heredity
- b) Environment
- c) Culture
- d) Nutrition

8. Which of the following is not a stage of moral development in Kohlberg's theory?

- a) Preconventional level
- b) Conventional level
- c) Post conventional level
- d) Connectional-post connectional level

9. Which of the following is not a characteristic of the sensorimotor stage of cognitive development?

- a) Infants learn through their senses and motor skills.
- b) Infants develop object permanence.
- c) Infants learn to use language.
- d) Infants develop symbolic thought.

10. Which of the following is not a type of growth?

- a) Physical growth
- b) Cognitive growth
- c) Emotional growth
- d) Social growth

11. Which of the following is not a principle of growth and development?

- a) Development is continuous.
- b) Development is directional.
- c) Development is irreversible.
- d) Development is universal.

12. Which of the following is not a characteristic of the preoperational stage of cognitive development?

- a. Children learn to use language.
- b. Children develop symbolic thought.
- c. Children are egocentric.
- d. Children are unable to conserve.

13. Which of the following is not a characteristic of the concrete operational stage of cognitive development?

- a. Children can conserve.
- b. Children can classify objects.
- c. Children can seriate objects.
- d. Children can solve problems using trial and error.

14. Which of the following is not a characteristic of the formal operational stage of cognitive development?

- a. Children can think abstractly.
- b. Children can make hypotheses.
- c. Children can reason logically.
- d. Children are egoistic.

15. Which of the following is not a characteristic of the cephalocaudal principle of development?

- a. Growth proceeds from the head to the toes.
- b. Growth proceeds from the center of the body to the periphery.
- c. Growth proceeds from the general to the specific.
- d. Growth proceeds in a spiral fashion.

16. The correct sequence of periods of child development includes:

- 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

17. Which of the following is not a developmental task of early adulthood?

- a) Developing a career
- b) Establishing intimate relationships
- c) Managing a bank account
- d) Caring for aging parents

18. 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 behaviour that comprise a person's unique adjustment to life.
- d) None of the above

19. 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

20. Which of the following is not a stage of moral development in Kohlberg's theory?

- a) Preconventional level
- b) Conventional level
- c) Post conventional level
- d) Pretransitional level

21. Which of the following is not a characteristic of the psychosocial crisis of identity vs. role confusion?

- a) Adolescents are trying to figure out who they are.
- b) Adolescents are trying to find their place in the world.
- c) Adolescents are concerned about making choices.
- d) Adolescents are concerned about meeting the expectations of others.

22. Which of the following is not a theory of human development?

- a) Psychoanalytic theory
- b) Cognitive theory
- c) Behavioural theory
- d) Ecological theory

23. Which of the following is not a concept in Erikson's theory of psychosocial development?

- a) Trust vs. mistrust
- b) Autonomy vs. shame and doubt
- c) Initiative vs. guilt
- d) Despair vs. stagnation

24. 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

25. Neurological disruption leading to sensory integration disorder occurs in three ways. Which of these statements is not true?

- a) The brain not receiving sensory messages
- b) Sensory messages being received inconsistently
- c) Sensory messages being received consistently, but not connecting with other sensory messages effectively
- d) None of the above

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

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

27. The word motor skills refer to the movement of

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

28. Tests and procedures used to determine the cause of adult bed-wetting include

- e) Physical exam
- f) Urine & Urologic tests
- g) Neurological evaluation
- h) All of the above

29. Which one of the following is not the Dynamic Systems Theory view of reality?

- a) The future is largely predictable.
- b) Stability leads to decline.
- c) Order is created through continuous fluctuation and change.
- d) Change emerges from system interaction.

30. Which one is the odd one out among the following stages of aging?

- a) Interdependence stage
- b) Decline stage
- c) End of life stage
- d) Dependence stage

PART B: ANSWER ALL QUESTIONS - 10 MARKS (TO BE MARKED MANUALLY)

- 1) State four types of infant reflexes (4 Marks)
- 2) Explain the concept of Sensory integration disorder (1 MARK)
- 3) Distinguish between hypersensitivity and hyposensitivity (2 MARKS)
- 4) A child first starts to learn hand movement then finger movement and then they learn the movement of both hand and finger together this is called the principle of
(1 MARK)
- 5)refers to traits that are biological or inherited. (1 MARK)
- 6) According to theory children learn by modelling behaviour
(1 MARK)

**PART C: PICK YOUR BEST THREE QUESTIONS 10 MARKS – EACH QUESTION
CARRIES 10 MARKS (TO BE MARKED MANUALLY)**

1a) Define Gerontology (1Mark)

1b) Aging is a complex interaction of many factors that cannot be explained by a single theory. Discuss any three theories of Aging (9 Marks)

2a) Today you have been tasked to do a class presentation on the concepts of Sensory processing. Explain to your classmates the following (6 MARKS)

1. Proprioception
2. Vestibular
3. Interoception

2b) Mention the symptoms of Sensory Integration Disorder (4marks)

3a) In relation to human growth and development explain and give your views on Anal and Phallic psychosexual stages of development (5Marks)

3b) Using examples Name and Explain Sigmund Freud's personality states (5marks)

4. Development of a baby during the period before birth (prenatal) occurs in three distinct stages name and discuss the three stages. (10 Marks)

5a) What do you understand by the term incontinence (2 marks)

5b) Using examples explain the four types of urinary incontinence (8 marks)

END!