



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCE  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY  
END OF MAY-AUGUST 2024 TRIMESTER EXAMINATIONS**

**UNIT CODE: PHT 131 UNIT NAME: DEVELOPMENT, GROWTH AND NUTRITION**

**DATE: WEDNESDAY/ 7<sup>TH</sup> / AUGUST**

**TIME: TWO HOURS**

**START: 6PM STOP : 8PM**

**INSTRUCTIONS (physical exams)**

- 1. Do not write on this question paper**

(Marks and questions distribution as per program curriculum.)

**INSTRUCTIONS (Online examinations)**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

## Section A Multiple choice questions

1. Jean Piaget's theory has four stages. The correct order from stage 1 to stage 4 is:

- A. Formal operations, concrete operations, pre-operations, sensorimotor
- B. Formal operations, pre-operations, concrete operations, sensorimotor
- C. Sensorimotor, pre-operations, concrete operations, formal operations
- D. Concrete operations, sensorimotor, pre-operations, formal operations

2. A child masters conservation in the Piagetian stage is known as:

- A. Formal operations - 12 years and older
- B. Concrete operations - age 7 to 11
- C. Pre-operations - ages 2 to 7
- D. Sensorimotor intelligence - birth to 2 years

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

- A. Physical growth
- B. Cognitive growth
- C. Emotional growth
- D. Social growth

4. .... is not a principle of growth and development?

- A. Development is continuous.
- B. Development is directional.
- C. Development is irreversible.
- D. Development is universal.

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

- A. Heredity
- B. Environment
- C. Culture
- D. Nutrition

6. Which of the following is not a stage of cognitive development?

- A. Sensorimotor stage
- B. Preoperational stage
- C. Concrete operational stage
- D. Formal operational stage

7. Which of the following is not a theory of growth and development?

- A. Psychoanalytic theory
- B. Cognitive theory
- C. Ecological theory
- D. Behavioral theory

8. Which of the following is not a principle of Piaget's theory of cognitive development?

- A. Schemas
- B. Assimilation
- C. Accommodation
- D. Equilibration

9. Which of the following is not a factor that influences moral development?
- A. Culture
  - B. Parents
  - C. Peers
  - D. Schools
10. Which of the following is not a stage of moral development in Kohlberg's theory?
- A. Preconventional level
  - B. Conventional level
  - C. Postconventional level
  - D. Conventional-postconventional level
11. Which of the following is not a type of attachment style?
- A. Secure attachment
  - B. Anxious-ambivalent attachment
  - C. Anxious-avoidant attachment
  - D. Disorganized attachment
12. Which of the following is not a gender role stereotype?
- A. Men are more assertive than women.
  - B. Women are more nurturing than men.
  - C. Men are better at math than women.
  - D. Women are better at reading than men.

13. 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.
14. 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.
15. 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.
16. 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 egocentric.

17. Which of the following is not a type of attachment style?
- A. Secure attachment
  - B. Avoidant attachment
  - C. Ambivalent attachment
  - D. Disorganized attachment
18. .... is not a developmental task of adolescence?
- A. Developing a sense of identity.
  - B. Developing a sense of intimacy.
  - C. Developing a sense of independence.
  - D. Developing a sense of morality.
19. .... is not a developmental task of adulthood?
- A. Establishing a career.
  - B. Developing intimate relationships.
  - C. Raising a family.
  - D. Caring for aging parents.
20. 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.
21. 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.

22. Which of the following is not a factor that influences the development of language?

A. Genetics

B. Environment

C. Culture

D. Nutrition

23. .... is not a stage of moral development in Kohlberg's theory?

A. Preconventional level

B. Conventional level

C. Postconventional level

D. Transitional level

24. Which of the following is not a characteristic of the psychosocial crisis of initiative vs. guilt?

A. Children are motivated to explore and learn new things.

B. Children are concerned about making mistakes.

C. Children feel guilty when they make mistakes.

D. Children develop a sense of purpose.

25. Which of the following is not a characteristic of the psychosocial crisis of industry vs. inferiority?

A. Children are motivated to learn and achieve.

B. Children feel inferior when they fail.

C. Children develop a sense of competence.

D. Children develop a sense of belonging.

26. .... is not a theory of human development?

- A. Psychoanalytic theory
- B. Cognitive theory
- C. Behavioral theory
- D. Ecological theory

27. .... is not a concept in Piaget's theory of cognitive development?

- A. Schemas
- B. Assimilation
- C. Accommodation
- D. Extinction

28. .... 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. Generativity vs. stagnation

29. .... is not a concept in Kohlberg's theory of moral development?

- A. Preconventional level
- B. Conventional level
- C. Postconventional level
- D. Moral dilemma

30. .... is not a factor that influences attachment?

- A. The quality of the parent-child relationship
- B. The child's temperament
- C. The child's age



D. The child's culture

**II. Section B – Short structured questions (20 marks)**

1. Explain Embryology as a branch of science (5 marks)
2. Discuss Gastrulation (5 marks)
3. Explain neurulation (5 marks)
4. Explain the four stages of Freud's child development theory (5 marks)

**III. Section C - Long structured questions (20 marks)**

1. Discuss the Behavioral theories (10 marks)
2. Explain the four stages of "Piaget's theory" (10 marks)