



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

**UNIT CODE: PHT 136**                      **UNIT NAME: Growth and development**

**DATE:**                      **Tuesday/ 10th/ December**

**TIME:**                      **TWO HOURS**

**START:**                      **11.15am**                      **STOP : 1.15pm**

**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 ANSWER ALL QUESTIONS – 30 MARKS**

1) Which of the following is NOT a part of the mind, according to Freud's psychoanalytic theory?

- a) the superego
- b) the subego
- c) the id
- d) the ego

2) 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

3) The sense that is the least developed at birth is

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

4) 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 include the following except

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

5) 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

6) 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) Stagnation vs. Role confusion

7) 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
- 8) 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
- 9) The word motor skills refer to the movement of
- a) Organs
  - b) Muscles
  - c) Glands
  - d) Body fluids
- 10) Tests and procedures used to determine the cause of adult bed-wetting include:
- a) Physical exam
  - b) Urine & Urologic tests
  - c) Neurological evaluation
  - d) All of the above
- 11) There are four types of urinary incontinence except
- a) urgency,
  - b) stress,
  - c) functional and overflow
  - d) Binge eating
- 12) 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.
- 13) According to the psychoanalytic approach, operating from the pleasure principle is referred to as?
- a) Id
  - b) Sublimation.
  - c) Oral stage.
  - d) Superego
- 14) 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

- 15) The difference between gross and fine motor skills is whether they
- are due more to nature or nurture
  - involve bigger or smaller muscles
  - are controllable
  - involve mental or physical skills
- 16) The best example of a fine motor skill we may see in a baby/toddler is
- Pinching small objects
  - Standing using furniture
  - Crawling around objects
  - Walking with two hands held together
- 17) .....refers to traits that are biological or inherited
- Nature
  - Genetics
  - Nurture
  - hormones
- 18) According to Jean Piaget theory of cognitive development, at which stage do most children understand conservation, seriation and categorization?
- Sensorimotor
  - Pre-operational
  - Concrete operational
  - Formal operation
- 19) A healthy diet throughout life works to promote the following except?
- Healthy pregnancy outcomes
  - Supports normal growth, development and ageing
  - Helps to maintain a healthy body weight
  - Promotes the risk of chronic disease
20. The first emotions that can be recognized in babies include the following
- Joy, mistrust, guilt and fear
  - joy, anger, sadness and fear.
  - Joy, happiness, pride and anger
  - Joy, sadness, tearfulness, anger
- 21) What is Sensorimotor Development?
- Sensorimotor functioning is the body's ability to capture the senses and the muscle system.
  - Sensorimotor functioning is the body's ability to develop the senses and the muscle system.
  - 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.

22. Development is the ..... of nature and nurture

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

23. 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

24. 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.....

- a) Principle of continuity
- b) Principle of integration
- c) Cephalocaudal principle
- d) Proximodistal principle

25) 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.

26) Which of the following is not a developmental task of geriatrics?

- a) Developing a career
- b) Establishing intimate relationships
- c) Managing a budget
- d) Caring for children or aging parents

27) Which of the following is not a factor that influences growth and development?

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

28) 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

29) 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.

30) 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.

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**SECTION B: ANSWER ALL QUESTIONS .20 MARKS**

1. a) Distinguish between primary and secondary enuresis (2 Marks)  
b) What professional advice would you give mothers on how to resolve primary and secondary enuresis (6 Marks)
2. Infants need to receive constant loving touch in order to develop and be healthy. The sense of touch is important for their ..... development. (1 Mark)
3. Briefly explain the following concepts of Sensory processing (6 Marks)
  1. Proprioception
  2. Vestibular
  3. Interoception
4. Using examples distinguish between hypersensitivity and hyposensitivity (4 Marks)
5. What is a risk factor? (1 Mark)

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## SECTION C: ANSWER YOUR BEST TWO QUESTIONS 20 MARKS

1. a) Define the term theory (1 Mark)

b) Freud's psychoanalytic theory was the first theory on human development and it stated that

children go through psychosexual stages, using examples illustrate the fixations that occur

in any three stages of your choice (9 Marks)

2)a) Define development (1 Mark)

b) Describe in a sequential manner the developmental changes that occur during the foetal stage of development. (9 Marks)

3.a) Define gerontology (1 Mark)

b) In an attempt to find a single theory that can explain aging, Scientists have discovered that aging is a complex interaction of many factors. Discuss any three of the following theories (9 Marks)

I. Programmed longevity theory

II. Evolution theory

III. Wear and tear theory

IV. Rate of living theory

V. Free radicals theory

4.a) What is the difference between identity and self-image? (1 Mark)

b) Using examples explain the following components of sexual identity (8 Marks)

i. Biological gender

ii. Gender identity

iii. Gender role

iv. Sexual orientation.