



**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 (Special exam)- Fresh entry

DATE: Day/ Date/ AUGUST

TIME: TWO HOURS

START: 0:00

STOP : 0:00

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

SECTION A. multiple questions answer. Answer all questions (30 marks)

- 1) Which of the following statements best describes how cognitive development impact 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) The first emotions that can be recognized in babies include the following
 - 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 is 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) 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

- 6) 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
- 7) 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
- 8) 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.
- 9) 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
- 10) 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
- 11) 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

- 12) 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
- 13) 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
- 14) 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?
- Memory loss
 - Depression & Anxiety.
 - Problems with reasoning or problem-solving.
 - Trouble with planning and organizing
- 15) 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
- 16) 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
- Double vision
 - Headaches, eye and body fatigue,
 - Increased ability to read and concentration
 - Irritability and dizziness
- 17) Which statement best describes personality?
- Personality refers to the enduring characteristics and behaviour that comprise a person's unique adjustment to life.
 - Personality describes the temporary patterns of thoughts, feelings, and behaviors that distinguish a person from others
 - Personality refers to the disinhibited characteristics and behaviours that comprise a person's unique adjustment to life.
 - None of the above

18) 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.

19) 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

20) 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

21) 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

22) Who was the proponent of moral theory of development?

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

23) 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

24)refers to traits that are biological or inherited

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

d) Hormones

25) According to Jean Piaget theory of cognitive development, at which stage do most children understand conservation, seriation and categorization?

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

26) 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

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

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

28) The word motor skills refer to the movement of

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

29) 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

30) There are four types of urinary incontinence except

- a) Urgency incontinence
- b) Stress incontinence
- c) Functional incontinence
- d) Sensory incontinence

PART B: ANSWER ALL QUESTIONS. 20 MARKS

1. Prenatal development of a baby occurs in three stages, briefly explain the first two stages and
2. What is a reflex? (1 Mark)
3. Define the term of proprioception - (1 Mark)
4. Distinguish between primary and secondary enuresis (4 Marks)
5. Mention and briefly describe three types of incontinence (9Marks)
6. What does the term sensory integration disorder mean? (1 mark)

PART C: ANSWER YOUR BEST TWO QUESTIONS 20 MARKS.

1. A foetus is the unborn offspring that develops from an embryo. Discuss the 3rd developmental stage of development (10 marks)
- 2.a) Mention any two theories of human development (2 Marks)
b) Discuss one theory of human developmental stages and give your personal view of that theory (8 Marks)
3. Mention and discuss any five reflexes that progress from infancy to adulthood (10 Marks)
4. Discuss the following theories of aging (10 Marks)
 - a) Wear and tear theory
 - b) Rate of living theory
 - c) Free radicals theory