



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

**END OF TRIMESTER EXAMINATIONS SEPTEMBER TO DECEMBER 2025**

**UNIT CODE: PHT 136**

**UNIT NAME: Development, Growth and Nutrition (Main exam)**

**DATE: 5th DECEMBER 2025**

**TIME: 9-11am**

**INSTRUCTIONS**

- 1. All students will have two (2) hours to complete the examination**
- 2. This is an online exam, 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**
- 5. Total number of pages is 9 including the cover.**
- 6. Read through the paper quickly before you start.**

**Section A; Multiple choice question. Answer all the question (30 Marks)**

1. 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

2. 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

3. 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.

4. 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

5. 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

6. 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.

7. 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

8. 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.

9. 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.

10. 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

11. What is the 5<sup>th</sup> 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

12. 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

13. 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

14. 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

15. 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

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

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

17. 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

18. 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

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 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

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

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

22. 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

23. .... refers to traits that are biological or inherited

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

24. 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

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

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

26. The word motor skills refer to the movement of

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

27. 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

28. There are four types of urinary incontinence except

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

29. 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.

30. 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

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**PART B: SHORT ANSWERS: 20 MARKS – ANSWER ALL QUESTIONS**

1. Define the following: enuresis (3 Marks)

- a) secondary enuresis
- b) Urinary incontinence
- c) Proprioception

1. Babies need to receive constant loving touch in order to develop and be healthy. The sense of touch is important for their ..... development. (1 Mark)

2. Prenatal development of a baby occurs in three stages, namely ....., ..... and ..... (3 Marks)

3. Explain using a relevant example what is a risk factor (2 marks)

4. Sexual identity is how we perceive ourselves as sexual beings. Using examples discuss the following components of sexual identity.

- i. Biological gender (2 Marks)
- ii. Gender identity (2 Marks)
- iii. Gender role (2 Marks)
- iv. Sexual orientation (2 Marks)

5. Describe any two types of urinary incontinence (3 Marks)

**SECTION C: ANSWER YOUR BEST TWO QUESTIONS 20 MARKS – EACH QUESTION CARRIES 10 MARKS**

1. Define a reflex (**1 Mark**)  
Name three reflexes and explain sequentially how you can test them in an infant. (**9 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 (**10 marks**)
  - a. Programmed theory of aging
  - b. Wear and tear theory of aging
  - c. Rate of living theory of aging
  - d. Endocrine theory of aging
  - e. Free radicals' theory of aging
  
3. a) Define the word theory (**1 Mark**)  
b) Freud's psychoanalytic theory was the first theory of human development and it stated that children go through psychosexual stages, using examples describe the three last stages of development (**9 Marks**).  
c) A fetus is the unborn offspring that develops from an embryo. Discuss the developmental changes that occurs during the fetal stage of development (**10 Marks**)

**END!**