

2006/2007 SEMESTER 1 - SEMESTRAL EXAMINATION

Course : Diploma in Sport and Wellness Management

Module : BM0404 – Human Behaviour

AUGUST 2006

Time Allowed: 2 hrs

INSTRUCTIONS TO CANDIDATES

- 1 This examination paper consists of **SIX (6)** pages including this page.
- 2 Section A is **COMPULSORY (20 marks)**. Answer **ALL** questions.
- 3 Answer any **two (2)** of the three questions in Section B **(40 marks)**.
- 4 Section C (Case Study) is **COMPULSORY (40 marks)**. Answer **ALL** questions
- 5 All answers are to be written in the answer booklet provided.
- 6 Start a new question on a fresh page and indicate the question number clearly.

SECTION A - COMPULSORY SHORT QUESTIONS (20 Marks)

Question 1 (20 marks)

Lynette Wong and John Raj are interested to know about Freud's Psychosexual development theory.

- (a) **List FIVE (5)** stages of Psychosexual development and **state** the period it covers. (5 marks)

- (b) **Briefly explain** the term fixation and **give ONE (1)** example each for the first **TWO (2)** stages of psychosexual development. (5 marks)

- (c) **Briefly explain** how John adopts the male characteristics while Lynette adopts the female characteristics, using Freud's Psychosexual development theory. (10 marks)

– END OF SECTION A –

SECTION B – STRUCTURED QUESTIONS (40 Marks)

Answer any TWO (2) out of the 3 questions below

Question 2 (20 marks)

Presley Ann, a toddler is looked after by her 60-year old grandparents. Her parents are busy working and thus leave her upbringing to her grandparents.

- (a) **Define** the following terms and give **ONE (1)** example of each:
- (i) Discovery learning
 - (ii) Make believe play
 - (iii) Egocentrism
- (10 marks)
- (b) **State** any **TWO (2)** physical changes Presley Ann is likely to go through at this stage of development and **explain** **ONE (1)** difference in physical change between boys and girls. (5 marks)
- (c) **Briefly state** **TWO (2)** benefits of sending Presley Ann to a child-centered kindergarten. (5 marks)

Question 3 (20 marks)

Winnie Hoo, an eight-year old girl loves to run and play games. She enjoys sports and outdoor activity. Her mom is concerned as she suffers from Attention Deficit Hyperactivity Disorder (ADHD). Hence her school work suffers and she has low self esteem.

- (a) **State** **ONE (1)** positive and **ONE(1)** negative consequence of participation in sports. (5 marks)
- (b) **Define** the term Attention Deficit Hyperactivity Disorder (ADHD) and **briefly explain** any **ONE (1)** difficulty experienced by children suffering from this disorder. (5 marks)
- (c) **Briefly explain** how Winnie would describe herself now as compared to when she was a preschooler. **Give** an example of self understanding of children in primary school. (4 marks)
- (d) **Differentiate** between self esteem and self concept and **suggest** **THREE (3)** ways in which Winnie's self esteem can be enhanced. (6 marks)

Question 4 (20 marks)

Jennifer Edison-Chan, aged 32 is highly stressed which results in inefficiency in her work and poor diet. She feels giddy at times due to high blood pressure. She uses restrained eating tactics to control her weight. She is a Canadian married to a Singaporean who has difficulty coping with new culture and lifestyle. She has added responsibility of work and family. She has to ensure her daughter eats well and goes to playschool as well meet company deadlines.

- (a) **Define** stress and **briefly explain** the type of stress experienced by Jennifer. Support your statement with **ONE (1)** example from the case study above. (5 marks)

- (b) **Explain TWO (2)** ways in which stress affects health. Support your statement with an example for each explanation from the case study above. (6 marks)

- (c) **Define** restrained eating and **briefly explain TWO (2)** consequences of restrained eating. (5 marks)

- (d) **Suggest** any **TWO (2)** benefits of exercise to Jennifer. (4 marks)

SECTION C – COMPULSORY CASE STUDY (40 Marks)

Read the following case study carefully and answer ALL the questions that follow.

Jonathan Tan, a cheerful 80-year old often likes to talk about his past to his friends in the neighbourhood.

A well-known soccer player who retired early, he now lives in a suburban neighbourhood. He spends his day looking at old photographs with his friends. He is happy with his life and he looks forward to just relaxing and enjoying the remaining phase of his life.

The first page in the album features his baby photos. Jonathan was a normal healthy baby who was brought up by the family maid. He used to be afraid of being separated from his nanny and thus would cry a lot when she left him to do housework.

Jonathan came from a family that was strict. He was scolded for any mistake and had to abide by the rules imposed by his parents. There was no room for negotiation. He used to be very frightened of them. He used to keep to himself and when he became a teenager, he spent more time with his peers.

But he remembers spending the time between 14 and 17 years of age as being popular in school. He attributes this to early maturation. But he regrets the time when he listened to his peers and engaged in sexual activity. He was about 19 years of age and the girl was 18. As a result, his classmate became pregnant and he was coerced by his parents to marry. He had to drop out of school and take care of the young family. There were constant battles at home with his spouse who later left him. He went through divorce at age 21, after completing his National Service.

But in his early adulthood, he upgraded himself and made a success of his life. He married again and had two children. Learning from his past, he was more careful in the way he brought up his children. He preferred to talk to them rather than punish them. There was room for negotiation and Jonathan often took their views into account before making any decision. His eldest son considers his dad his best friend. Now he feels happy spending time with his grandchildren.

Question 5 (40 marks)

- (a) Based on the scenario above, **state** the stage of development Jonathan is in. **Briefly explain** Erikson's Psychosocial crisis and the outcome of the crisis based on the case study above. (5 marks)
- (b) **Differentiate** between attachment and separation protest. **Give** example from the case study to illustrate separation protest. (5 marks)
- (c) As Jonathan was a normal healthy baby, **list** and **describe** the **THREE (3)** senses and the **THREE (3)** reflexes that he was born with. (12 marks)
- (d) **State and briefly explain** the type of parenting that Jonathan had. Support your statement with **TWO (2)** examples from the case study above. (6 marks)
- (e) **State and briefly explain** the type of parenting practised by Jonathan. Support your explanation with **TWO (2)** examples from the case study above. (6 marks)
- (f) **Explain** **TWO (2)** consequences of teenage pregnancy based on the case study above. Support your answer with **TWO (2)** examples from above and **briefly explain** how personal fable could have resulted in his rash behaviour. (6 marks)

– END OF SECTION C –

– END OF EXAM PAPER –