

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4207

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4207: HEALTH, EXERCISE AND SPORTS RECREATION

OCTOBER 2009

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large, clearly labeled diagrams.

1. a) Briefly describe the components of skill related physical fitness. (10 marks)
 b) Outline and explain the components of the acronym FITT. (15 marks)
2. Explain the benefits of physical activity to an individual. (25 marks)
3. Briefly describe the training techniques which are used for strength building. (25 marks)
4. a) Outline the benefits of flexibility. (10 marks)
 b) Outline the factors that affect flexibility. (15 marks)
5. a) Explain the difference between obesity and overweight. (10 marks)
 b) Describe the laboratory methods used for measuring Body Composition. (15 marks)
6. Describe the factors that affect weight control. (25 marks)

END OF EXAMINATION