

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4207

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4207: HEALTH, EXERCISE AND SPORTS RECREATION

AUGUST 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 what is:-
 - i) health related physical fitness (3 marks)
 - ii) skill related physical fitness (3 marks)b) Explain the components of physical fitness (19 marks)

2. Outline the benefits of physical activity in relation to the:-
 - i) Heart (5 marks)
 - ii) Blood (5 marks)
 - iii) Arteries (5 marks)
 - iv) Veins (5 marks)
 - v) Muscle cells (5 marks)

3. a) Describe factors that affect skill related fitness. (10 marks)
b) Using examples explain the following cardiovascular diseases and how physical activity is vital in their control.
 - i) Stroke (13 marks)
 - ii) Osteoporosis (12 marks)

4. Outline the principles of building strength. (25 marks)

5. a) Describe the factors that help to determine whether a person becomes obese. (15 marks)
b) With the aid of a diagram explain the food guide pyramid for health and fitness. (10 marks)

6. a) What are the effects of physical activity on aging? (10 marks)
b) Outline the following factors affecting weight control.
 - i) caloric balance (5 marks)
 - ii) metabolic rates (5 marks)
 - iii) life style behaviors (5 marks)

END OF EXAMINATION