

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4207

FACULTY OF APPLIED

SCIENCES BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL PROGRAMME

THEORY: SSC4207: HEALTH, EXERCISE AND SPORTS RECREATION

APRIL 2014

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 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. Design a sport recreational programme for a mixed group of male and female inmates at an old people's home in your community and justify the inclusion of each activity. (25 marks)

2. a) Explain the special benefits of exercise during pregnancy. (10marks)
b) Design an exercise programme for pregnant women in the final trimester
Indicate the benefits of each given activity. (15marks)

3. Describe the risks associated with strenuous exercises during pregnancy. (25marks)

4. Discuss the benefits of physical activities and recreation for the following groups of people:
 - a) Young children. (5marks)
 - b) Youths. (5 marks)
 - c) Geriatrics. (5marks)
 - d) Type 2 diabetics. (5 marks)
 - e) Substance addicts. (5marks)

5. Critically analyse the factors that influence recreational sport participation by old Zimbabwean communities. **(25marks)**
6. Describe the following classic theories of recreation and play;
- a) The surplus Energy theory. **(10marks)**
- b) The relaxation Theory. **(15marks)**

END OF EXAMINATION.