



(University of Choice)

**MASINDEMULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

(SPECIAL/SUPPLEMENTARY EXAM EXAM)

FIRST YEAR SECOND SEMESTER

**EXAMINATION FOR THE DIPLOMA IN SPORTS
ADMINISTRATION AND MANAGEMENT**

COURSE CODE: DSM 057

COURSE TITLE: FITNESS TESTING

DATE: 05/08/2022

TIME: 11.00-1.00 P.M

INSTRUCTIONS TO CANDIDATES

Answer three questions. Question one is compulsory and any other two questions

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over



QUESTION ONE (COMPULSORY)

- a) Explain **FIVE** implications of high body fat composition. (10marks)
- b) Using examples, describe skill-related components. (20marks)

QUESTION TWO

Using examples explain the **FITT** formula in exercise training (20 marks)

QUESTION THREE

- a) Explain **SIX** benefits of participating in regular physical activities (12marks)
- b) Describe **FOUR** principles of training in exercise and sports. (8marks)

QUESTION FOUR

Describe benefits of participating in health related components training. (20marks)

QUESTION FIVE

- a) Describe **FIVE** criteria used for selecting fitness test. (10marks)
- b) Explain five factors that may affect fitness test results (10marks)