



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

MAIN CAMPUS

**UNIVERSITY MAIN EXAMINATIONS**

**2022/2023 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

**EXAMINATIONS FOR DIPLOMA IN SPORTS ADMINISTRATION  
AND MANAGEMENT**

**COURSE CODE: DSM 058**

**COURSE TITLE: AEROBICS**

**DATE: WEDNESDAY, 19/4/2023**

**TIME: 8.00-10.00 A.M**

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE 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  
Cdm100



### **QUESTION ONE**

- a. Describe the **three** components of aerobics(6mks)
- b. Explain **Six** types of aerobics(12mks)
- c. Explain **six** main components of fitness (12mks)

### **QUESTION TWO**

Elaborate on TEN challenges that facing participation in aerobics in Kenya today(20mks)

### **QUESTION THREE**

Explain TEN physiological benefits of aerobics (20mks)

### **QUESTION FOUR**

Explain the Ten reasons for considering of principles of training when developing an aerobics training program (20mks)

### **QUESTION FIVE**

Elaborate TEN guidelines that apply to all rhythmic aerobics(20mks)