



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER

**EXAMINATION FOR BACHELORS IN HEALTH PROMOTION AND
SPORTS SCIENCE/PHYSICAL EDUCATION.**

COURSE CODE: HSS 206/EPE 300

COURSE TITLE: ADVANCED SWIMMING AND ATHLETICS

DATE: MONDAY, 17TH, APRIL, 2023

TIME: 8.00-10.00A.M

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE AND ONE FROM SECTION B AND ONE FROM C

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating



SECTION A

1. a) Expound on the role of athletics in sports advocacy in Kenya. (15mks)

- b) Describe the field dimensions of the following
 - a) shot put (5mks)
 - b) javelin (5mks)
 - c) triple jump (5mks)

SECTION B

2. Explain the safety measures during field event competition. (20mks)
3. Describe the roles of technical committee during an athletic competition. (20mks)

SECTION C

4. Describe the techniques of performing the following:
 - a) sidestroke (10mks)
 - b) butterfly (10mks)
5. Prepare a beginners swimming training programme for the first two sessions. (20mks)