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(University of Choice)

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

UNIVERSITY MAIN EXAMINATIONS

2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER

**EXAMINATIONS FOR BSc IN HEALTH PROMOTION AND
SPORTS SCIENCE**

COURSE CODE: HSS 207

COURSE TITLE: EXERCISE ERGONOMICS

DATE: FRIDAY, 14TH.APRIL, 2023

TIME: 12.00-2.00 P.M.

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

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QUESTION 1

- a. Describe seven characteristics of an effective exercise ergonomist for the parafitness service programme(14mks)
- b. Explain four safety measures for each of the following areas:
 - i. Forest(8mks)
 - ii. Mountain (8mks)

QUESTION 2

- a) Describe **three** keys to building an ergonomic body in exercise ergonomics(6mks)
- b) Explain **seven** guidelines for general exercise safety(10mks)

QUESTION 3

Expound on the **ways** of preventing injuries from following conditions.

- (a) heat (10mks)
- (b) cold (10mks)

QUESTION 4

Explain **ten** engineering factors employed in gymnastics and aerobics performances and learning(20mks)

QUESTION 5

Expound on **ten** principles of health and safety in exercise ergonomics(20mks)