

30



(University of Choice)

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

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**MAIN EXAM**

**2021 / 2022 ACADEMIC YEAR**

**FORTH YEAR SECOND SEMESTER**

**EXAMINATIONS FOR BACHELORS DEGREE IN HEALTH  
PROMOTION AND SPORTS SCIENCE**

**COURSE CODE: HSS 406**

**COURSE TITLE: SKILL SPECIALIZATION**

**DATE: FRIDAY, 14<sup>TH</sup>. APRIL, 2023**

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

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**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



**Q1** a) Elaborate on **FIVE** areas in which a sports scientist may specialize citing relevant examples **(15mks)**

b) State **THREE** competencies for each of the areas in 1(a) above **(15mks)**

**Q2.** Discuss Five fitness tests that may be used to assess muscle strength and endurance. **(20mks)**

**Q3.** Evaluate Ten challenges that a fitness trainer may face when preparing fitness test for a mixed group of aerobics clients in GYM **(20mks)**

**Q4.** Analyze the fitness test selection criteria **(20mks)**

**Q5.** Regular fitness testing is critical for continued performance of a team. Discuss **(20mks)**