



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

SPECIAL/SUPPLEMENTARY EXAM

2021 /2022 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

**FOR DIPLOMA IN HEALTH PROMOTION AND SPORTS
SCIENCE**

COURSE CODE: DSM 055

**COURSE TITLE: FITNESS ADMINISTRATION AND
MANAGEMENT**

DATE:02/08/2022

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

1. a) Expound on the importance of managing a fitness organization (20mks)
b) Highlight five skills that a good fitness manager should possess (5mks)
c) State five activities that are carried out in a fitness centre (5mks)
2. Elaborate on the importance of policies and procedures in a fitness centre. (20mks)
3. Expound on the challenges facing the fitness industry in Kenya (20mks)
4. Describe the process of policy and procedure development (20mks)
5. a) Elaborate on FIVE characteristics of a good policy (10mks)
b) As the manager of a new sports club, explain **FIVE** types of policies you will formulate (10mks)