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

**MAIN CAMPUS  
UNIVERSITY EXAMINATIONS**

**SPECIAL/SUPPLEMENTARY**

**2021/2022 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

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

**COURSE CODE: DSM 058**

**COURSE TITLE: AEROBICS**

**DATE: 01/08/2022**

**TIME: 2.00-4.00 P.M**

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**INSTRUCTIONS TO CANDIDATES:**

Answer three questions. Question one is compulsory 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. Explain **TEN** ethical issues when instructing aerobics (20mks)
2. Expound on the components of an aerobics session (20mks)
3. Elaborate on **FIVE** factors to consider when selecting aerobics music (20mks)
4. Elaborate on **TEN** benefits of individuals enrolling for aerobics program (20mks)
5. Design a one week aerobics program for the elderly while observing the FITT principle (20mks)