



(University of Choice)

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

**MAIN CAMPUS
UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FIRST YEAR SECOND SEMESTER
REGULAR EXAM**

FOR DIPLOMA IN FITNESS INSTRUCTION

COURSE CODE: ASC/OS/ SPORTS/BC/08/6/A

COURSE TITLE: APPLY FOUNDATION OF SPORTS SCIENCE

DATE: THURSDAY, 20/04/202

TIME: 8.00-10.00 A.M

INSTRUCTIONS TO CANDIDATES

In this assessment, you will be required to answer **written** questions.

6. The paper consists of **TWO** sections: **A and B**
7. You are allocated **1hr 30 mins** to attempt all the questions.
8. You are provided with an answer booklet.
9. Do not write on the question paper
10. Marks for each question are indicated in the brackets []

TIME: 1hr 30mins

MMUST observes **ZERO** tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over

SECTION A (20MKS)

1. Biomechanics is traditionally divided into
 - (A) Sociology and physiology
 - (B) Kinematics and kinetics
 - (C) Physics and kinetics
 - (D) Anatomy and psychology.
2. Biomechanics is applied in all of the following EXCEPT?
 - (A) The identification of optimal technique for enhancing sports performance
 - (B) The analysis of body loading to determine the safest method for performing
A particular sport or exercise task
 - (C) The assessment of muscle recruitment and loading
 - (D) NONE OF THE ABOVE
3. Which of the following statements best defines the term sports science?
 - (A) the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts.
 - (B) A multi-disciplinary field concerned with the understanding and enhancement of human performance.
 - (C) trained experts who assist sports people to achieve the best possible sporting performance.
 - (D) the branch of science that deals with the normal functions of living organisms and their parts.
4. Which of the following is not a fitness component?
 - (A) Cardiovascular Endurance
 - (B) Muscular Strength
 - (C) Muscular endurance
 - (D) Body balance
5. The following are components of a first aid kit except?
 - (A) plasters in a variety of different sizes and shapes.
 - (B) small, medium and large sterile gauze dressings.
 - (C) at least 2 sterile eye dressings.
 - (D) A knife
6. Flexibility is defined as?
 - (A) The ability of the muscles to perform continuous without fatiguing.
 - (B) The amount of force a muscle can produce.
 - (C) Ability of each joint to move through the available range of motion for a specific joint.
 - (D) The amount of fat mass compared to lean muscle mass, bone and organs
7. For Quality and Standard during sports facility planning, technical information can be obtained in form of standards and guides from various sources such as:
 - (A) State departments of health (for safety and sanitation code) education
 - (B) Sports organizations and federations
 - (C) Professional journals
 - (D) All of the above
8. Body composition is defined as
 - (A) the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads.

- (B) the amount of fat mass compared to lean muscle mass, bone and organs. This can be measured using underwater weighing,
- (C) the physical substance of the human organism, composed of living cells and extracellular materials and organized into tissues, organs, and systems.
- (D) the physiological or psychological functions of body systems.

9. The following are sports technologies except?

- (A) Wearables.
- (B) Architects
- (C) Virtual Imaging.
- (D) Goal-line Technology.

10. Pick out the odd one.

- (A) Agility
- (B) weight and exercise rooms
- (C) Balance
- (D) Coordination.

11. Which one is not an injury prevention strategy? (1 Mark)

- A. Protective clothing
- B. Warm up
- C. Follow Rules
- D. Over training

12. The following are causes of fractures except ONE. Which one? (1 Mark)

- A. Injuries from falls and accidents.
- B. Osteoporosis
- C. Too much or repeated stress on a bone.
- D. Running

13. Why do we need to prevent injuries? (1 Mark)

- A. To improve strength
- B. Reduce pain
- C. Avoid bleeding.
- D. It is expensive to treat

14. Which of the following is not a method of injury management (1 Mark)

- A. Rest
- B. Ice
- C. Compression
- D. Morphostasis

15. Which of the following is protective equipment is NOT used during boxing (1 mark)

- A. Helmet
- B. Dentures
- C. Gloves
- D. Shin guard

16. Playing during hot weather can cause which injury? (1 Mark)

- A. Fracture
- B. Strokes
- C. Dehydration
- D. Ligament

17. Using tight fitting shoes will cause one of the following injuries. Which one? (1 Mark)

- A. Dislocation

- B. Blisters
 - C. Burn
 - D. Fainting
18. The following are forms of aerobic exercises except?
- A) Swimming.
 - B) Cycling.
 - C) High-intensity interval training (HIIT)
 - D) Walking
19. The following are benefits of anaerobic exercises except?
- A) Strengthen bones
 - B) Burn fat
 - C) Boost muscle development
 - D) Intensity
20. Which one of the following best defines the term “motor learning and development”
- A. The acquisition of knowledge or skills through study, experience, or being taught.
 - B. Learning by experience
 - C. The physical growth and strengthening of a child's bones, muscles and ability to move and touch his/her surroundings.
 - E. All of the above

SECTION B (30MKS)

1. Explain FIVE coaching styles(10mks).
2. Explain FIVE skill-related fitness components. (10mks).
3. List 10 benefits of aerobic exercises (10mks)