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**MASINDEMULIROUNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**2022/2023 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

**REGULAR EXAM**

**FOR DIPLOMA IN SPORTS ADMINISTRATION AND  
MANAGEMENT**

**COURSE CODE: DSM 055**

**COURSE TITLE: FITNESS ADMINISTRATION AND  
MANAGEMENT**

**DATE: FRIDAY, 21/4/2023**

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

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**INSTRUCTIONS TO CANDIDATES**  
**ANSWER QUESTION ONE AND ANY OTHER TWO**

**TIME: 2 Hours**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over

**QUESTION ONE**

- a) Explain FIVE management functions (10mks)
- b) Elaborate TEN key stages involved in developing policies fitness management (20mks)

**QUESTION TWO**

- a) Explain FIVE steps involved in admitting a client in a fitness center (10mks)

**QUESTION THREE**

Expound TEN challenges that a manager may encounter while managing a fitness organization (20mks)

**QUESTION FOUR**

- a) Describe the filling procedure (10mks)
- b) Explain FIVE main functions of management (10mks)

**QUESTION FIVE**

- a) Highlight FIVE skills that a fitness trainer should have (10mks)
- b) State TEN code of ethics for a fitness instructor (10mks)