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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 057

COURSE TITLE: FITNESS TESTING

DATE: THURSDAY, 20/4/2023

TIME: 8.00-10.00 A.M

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE AND ONE QUESTION FROM EACH OF SECTION B AND C

SECTION A TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over

SECTION A

- Q1a) Elaborate on **FIVE** reasons for performing fitness testing (10mks)
- b) Explain the **FIVE** basic principles of training (20mks)
- Q2. Using examples, explain **FOUR** principles of exercise prescription (20mks)
- Q3. Explain the life style factors affecting the fitness level of an individual (20mks)
- Q4. Expound on the health related components of fitness (15mks)
- c) State one fitness test that may be used for each of the component mentioned in 4a) above (5mks)
- Q5. a) Explain any **FOUR** guide lines you would employ why selecting a fitness test . (12mks)
- b) Elaborate on **FOUR** challenges that may be faced during fitness assessment (8mks)