



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

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS  
2022/2023 ACADEMIC YEAR  
(MAIN EXAM)**

**2<sup>ND</sup> YEAR SECOND SEMESTER**

**EXAMINATION FOR THE DIPLOMA IN HEALTH PROMOTION**

**COURSE CODE: HSS 085**

**COURSE TITLE: COMPONENTS OF FITNESS AND  
PRINCIPLES OF EXERCISE**

**DATE: MONDAY, 17/4/2023**

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

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**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS**

**TIME: 2 Hours**

MMUST observes ZERO tolerance to examination cheating



1. a) Explain the following concepts:
  - i. Physical activity 2mks
  - ii. Exercise 2mks
  - iii. Physical fitness 2mks
  - iv. Detraining 2mks
  - v. Adaptation 2mks
- b) Explain **TEN** principles of exercise 20mks
2. Examine **TEN** factors to consider before placing an individual in an exercise program 20mks
3. Explain **TEN** benefits of exercise adherence 20mks
4. a) Highlight **FOUR** health related fitness components 8mks
- b) Explain **SIX** skill-related components of fitness 12mks.
5. Expound on Ten barriers to exercise adherence 20mks