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

MAIN CAMPUS

UNIVERSITY MAIN EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

**EXAMINATIONS FOR BSC IN HEALTH PROMOTION NAD
SPORTS SCIENCE**

COURSE CODE: HSS 1 10

COURSE TITLE: AEROBICS AND GYMNASTICS

DATE: THURSDAY, 13TH. APRIL, 2023

TIME: 12.00-2.00 P.M

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

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QUESTION

- a) Explain types of aerobics(10mks)
- b) Highlight the progressive teaching points for each of the following skills
 - (i)Forward roll(5mks)
 - (ii)Backward (5mks)
 - (iii) judo roll (5mks)
 - (iv)Headstand (5mks)

QUESTION TWO

Expound on ten advantages of learning aerobics and gymnastics as a sports science professional (20mks)

QUESTION THREE

Explain ten ways through which The Parafitness Service instructors ensures safety in teaching gymnastics and aerobics (20mks)

QUESTION FOUR

Evaluate TEN principles of training that might be applied in aerobics and gymnastics(20mks)

QUESTION FIVE

- (a)Describe the components of aerobics
- b) Explain the components of fitness that are applicable in modern gymnastics (14mk)