



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER

**EXAMINATIONS FOR BACHELORS DEGREE IN HEALTH
PROMOTION AND SPORTS SCIENCE**

COURSE CODE: HSS 210/HPS 110

COURSE TITLE: ADAPTED PHYSICAL ACTIVITY

DATE: TUESDAY, 18TH.APRIL,2023

TIME: 3.00-5.00P.M

INSTRUCTIONS TO CANDIDATES:

Answer Question **ONE** and any other two questions

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over

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Q1. a) Describe five ways in which physical activity trainers may use sensitive terminologies when dealing with persons with disabilities **(10mks)**

b) Describe Five effects of intellectual disabilities on motor performance **(10mks)**

c) Elaborate on Five factors that you may consider when designing an adapted physical activity program **(10mks)**

Q2. Explain Ten ways in which a physical activity/Sport may be modified to meet the needs of persons with physical disabilities **(20mks)**

Q3. Expound on the inclusion approach as used in adapted physical activity. **(20mks)**

Q4. Describe Four adapted sports in which people with Hearing impairment may engage in **(20mks)**

Q5. By use of examples, analyze five challenges facing implementation of adapted physical activity in Kenya **(20mks)**