



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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

REGULAR EXAM

**FOR POSTGRADUATE DIPLOMA IN SPORTS ADMINISTRATION AND
MANAGEMENT**

COURSE CODE: HSS 746

COURSE TITLE: SKILL DEVELOPMENT

DATE: FRIDAY 21/4/23

TIME: 12-2

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE AND ANY OTHER TWO

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

SECTION A

- 1a. Explain TEN causes of injuries in sports(20mks)
- 1b. citing 3 relevant examples, describe the concept of plyometrics as a fitness enhancer (10mks)

SECTION B

2. Highlight the TEN significances of improvisation in physical activity (20mks)
3. discuss TEN factors to consider when designing an exercise therapy program (20mks)
- 4a. Explain FIVE skill related fitness components (10mks)
- b. Elaborate FIVE benefits of physical benefits (10mks)
5. Elaborate on FIVE stages of skill development (20mks)

