



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (LEISURE AND RECREATION MANAGEMENT)

SLR 100: AEROBICS AND DANCE

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DATE: TUESDAY 3RD APRIL 2012

TIME: 8.00 A.M. – 10.00 A.M.

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INSTRUCTIONS

Answer question One (1) and any other question

SECTION A: AEROBICS

1. a) Using examples, differentiate between intensity and impact in aerobics. (4 marks)
- b) Describe any four (4) impact forms used in aerobics. (4 marks)
2. a) Differentiate between interval and circuit aerobics. (4 marks)
- b) Outline any three (3) ways an aerobics instructor can motivate his/her clients. (3 marks)
3. Describe the phases of a one hour aerobics session. (7 marks)

SECTION B: DANCE

Answer question One (1) and any other question

1. a) Outline any four (4) uses of dance. (4 marks)
- b) Describe the elements /features of dance (4 marks)
2. a) Distinguish between traditional and modern dances. (4 marks)
- b) Explain the importance of dance in the transmission of moral values. (3 marks)
3. Describe any four (4) principles used in dance choreography. (4 marks)