



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN SPORTS SCIENCE

SSS 309: EXERCISE AND SPORTS FOR THE SPECIAL POPULATION

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DATE: WEDNESDAY, 4TH APRIL 2012

TIME: 2.00 P.M - 4.00 P.M

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INSTRUCTIONS

Question ONE is compulsory. Answer TWO others

1. Special population in sports is varied and diverse. [10 marks]
 - a) Identify and explain the categories of special population. [10 marks]
 - b) Describe possible causes of disabilities. [15 marks]
 - c) Describe the effect of disabilities on participant in exercise and sports [15 marks]
2. Using examples explain any ten forms of adaptations used by persons with disabilities to fully participate in sports. [20 marks]
3. Expound on the considerations observed when administering exercise therapy to a person recovering from a spiral cord injury. [20 marks]
4.
 - a) Identify three organizations that organize sports competitions for individual with disability in Kenya stating the categories of impairment covered. [6 marks]
 - b) Specify sporting activities suited for individuals with visual impairment.[4 marks]
 - c) Explain the rationale for classifying athletes with disability in Paralympics competitions. [10 marks]
5. Elaborate on the challenges experienced in the successful execution of an exercise and sports programme for individuals with disability. [20 marks]