



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE (SPORTS SCIENCE)**

SSS 406 : INDIVIDUAL FITNESS PROGRAM DESIGN

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DATE: TUESDAY 27TH MARCH 2012

TIME: 2.00 P.M. – 4.00 P.M.

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INSTRUCTIONS

Answer question One (1) and any other TWO (2) questions

Answer each question in a separate booklet

1. Design a 8 weeks progressive fitness program for a client (beginner) interested in weight loss. (23 marks)
2.
 - a) Explain any six (6) responsibilities of a personal trainer to his/her client. (12 marks)
 - b) Describe any six (6) relationship-oriented abilities associated with an effective personal trainer. (12 marks)
3.
 - a) Describe any ten (10) components of pre-exercise counseling by a personal trainer. (10 marks)
 - b) Analyse any six (6) conditions that are a basis for medical referral before the commencement of an exercise programme. (13 marks)
4.
 - a) Explain the three (3) decisions that follow a person's request to commence a fitness programme after fitness testing. (12 marks)
 - b) Using examples, explain the following myths in weight control
 - i) Spot reduction (3 marks)
 - ii) Fad diets (3 marks)
 - iii) Diet medications (3 marks)
 - iv) Weight control appliances (2 marks)
5. Explain the relationship amongst caloric balance, exercise and weight control. (23 marks)