



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2008/2009

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

SLR 100: AEROBIC AND DANCE

DATE: Tuesday 7th April 2009

TIME: 8.00am-10.00am

INSTRUCTIONS:

ANSWER EACH SECTION IN SEPARATE BOOKLET

SECTION A- AEROBICS

Answer question ONE (1) and either question 2 or 3 from this section.

1.
 - a) Outline the characteristics of Aerobics.
 - b) Using examples, explain the three key elements of choreographic balance during an Aerobic session. [10marks]

2.
 - a) Explain the significance of monitoring heart rate during Aerobics.
 - b) Give any two (2) guidelines for manipulating hear rate.
 - c)
 - i) Calculate the 50% to 75% target zone for a 30 year old participant.
(use the maximal Target Heart Rate formula)
 - ii) What would be the 10 second count for this person? [5marks]

3.
 - a) Suggest any five (5) guidelines for enhancing effectiveness and safety during the strengthening phase.
 - b) Give a different exercise for the development of each of the following muscles during Aerobics:
 - i) Abdominals
 - ii) Gluteus Maximus
 - iii) Illipsoas
 - iv) Biceps
 - v) Pectoralis Major

[5marks]

SECTION B- DANCE

Answer any TWO (2) questions from this section.

Answer EACH question in a separate booklet

1.
 - a) Explain the importance of energy as an element of dance.

[1.5marks]
 - b) Differentiate amongst the following features of energy dance:
 - i) Energy intensity [2marks]
 - ii) Energy accent [2marks]
 - iii) Energy quality [2marks]

2.
 - a) Analyse the importance of dance in the transmission of educational values.

[1.5marks]
 - b) Explain the following dance forms:
 - i) Tap dance [2marks]
 - ii) Educational dance [2marks]
 - iii) Acrobatic dance [2marks]

3. Dance is a 'time-space' art. Discuss [7.5marks]