



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2008/2009
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF SPORTS SCIENCE

SSS 101: FOUNDATION OF SPORTS SCIENCE

DATE: Thursday 9th April 2009

TIME: 11.00am-1.00pm

INSTRUCTIONS

ANSWER ANY THREE QUESTIONS, EACH IN A SEPARATE BOOKLET.

1. b) Explain the term Exercise Science [6marks]
- b) Explain the evolution of exercise science under the following subheadings.
 - i) Physiology [6marks]
 - ii) Anatomy [6marks]
 - iii) Kinesiology [6marks]
2. a) Express biomechanics as was described by
 - i) Hay, J.G. (1973) [3marks]
 - ii) Alt, F, (1967) [3marks]
- b) Outline the contributions to biomechanics by the following personalities
 - i) Aristotle (384-322 B.C) [5marks]
 - ii) Archimedes (287-212 B.C) [4marks]
 - iii) Galileo Galilei (1564-1642) & Alphonso Borelli (1608-1679) [3marks]
 - iv) Isaac Newton (1642-1727) [4marks]
 - v) Weber brothers (1836) [2marks]

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