



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE IN SPORTS SCIENCE AND BACHELOR OF SCIENCE IN LEISURE
AND RECREATION MANAGEMENT

SSS 101: FOUNDATIONS OF EXERCISE AND SPORTS SCIENCE

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DATE: MONDAY 26TH MARCH 2012

TIME: 2.00 P.M. – 4.00 P.M.

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INSTRUCTIONS

Answer Question 1 and any other Two questions.

Answer each question in a separate booklet.

Questions

1. Elaborate on the following philosophical schools of thought, showing how they apply in the field of exercise and sports science:
 - a) Naturalism (10 marks)
 - b) Idealism (10 marks)
 - c) Pragmatism (10 marks)
2. Expound on any FOUR (4) subfields which are studied under Exercise and Sports Science, indicating their meaning and scope. (20 marks)
3. Outline any TEN (10) challenges facing the field of sports science in the developing world and suggest a remedy for each. (20 marks)
4. Outline any TEN (10) employment opportunities in the field of sports science and indicate the qualifications required for each. (20 marks)
5. Explain the various roles of sport and exercise science in modern society. (20 marks)