



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

SSS 205: EXERCISE AND WELLNESS

DATE: **Wednesday 9th September 2009** **TIME:** **8.00am-10.00am**

INSTRUCTIONS

Answer any three questions

1. Analyze characteristics of an effective exercise programme [23¹/₃ marks]

2. a) Explain the effects of stress on the nutritional status and immunity of an individual. [15¹/₃ marks]
 b) Explain the five time management habits that lead to stress. [8marks]

3. Discuss flexibility as a component of health-related fitness. [23¹/₃ marks]

4. Elaborate on the key principles of weight management. [23¹/₃ marks]

5. Analyze any five features of good goals in the behaviour modification process for wellness. [23¹/₃ marks]