



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2009/2010

**FIRST SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE (SPORTS SCIENCE), BACHELOR OF SCIENCE
(RECREATION AND LEISURE MANAGEMENT) AND BACHELOR OF
EDUCATION (ARTS)**

SSS 304: PRINCIPLES OF TRAINING AND EXERCISE PRESCRIPTION
SPE 304: PRINCIPLES OF TRAINING AND CONDITIONING

DATE: Monday 21st December 2009

TIME: 8.00am – 10.00am

INSTRUCTIONS

Answer question 1 (ONE) and any TWO others

Answer EACH question in a SEPARATE booklet

**NOTE: THESE ARE ESSAY TYPE QUESTIONS REQUIRING A LOT MORE
THAN POINTS.**

1. a) Elaborate on the term ‘training’ as applied to physical education, sports and exercise. [5marks]
- b) Choose a profession for yourself in sports OR exercise OR physical education.
 Using examples, JUSTIFY the qualities, attributes and characteristics you will need to succeed in your chosen profession. [25marks]

2. Physical Fitness can mean different things to different people. Using examples of the component and concepts of fitness, discuss the implications of this statement on physical training. [20marks]
3. With reference to the following types of training:
- i) Technical
 - ii) Intellectual
 - iii) Psychological
 - iv) Tactical
- a) Using examples, explain the distinguishing features of each. [8marks]
- b) Expound on the contributions of each towards the achievement of goals of the trainee and the team. [12marks]
4. Elaborate on the progression factors you will need to consider when training the young adolescents at Githurai Recreation Centre. [20marks]
5. Analyze the 'peaking' of a track athlete with reference to signs, symptoms and strategies.