

KOLEJ UNIVERSITI TUNKU ABDUL RAHMAN
FACULTY OF APPLIED SCIENCES AND COMPUTING

ACADEMIC YEAR 2014/2015

AUGUST/SEPTEMBER EXAMINATION

SPORTS AND EXERCISE SCIENCE BASE1123
FOUNDATION OF FITNESS AND EXERCISE

WEDNESDAY, 27 AUGUST 2014

TIME: 9.00 AM – 11.00 AM (2 HOURS)

BACHELOR OF SCIENCE (HONOURS) IN SPORTS AND EXERCISE SCIENCE

Instructions to Candidates:

Answer **ALL** questions. All questions carry equal marks.

BASE1123 FOUNDATION OF FITNESS AND EXERCISE

- Q1. (a) Define *fitness*. (2 marks)
- (b) Differentiate between *health* and *skill related* components. (4 marks)
- (c) Illustrate **THREE (3)** skill related components in physical fitness. (9 marks)
- (d) Based on FITTE principle, construct a program for an individual who is interested to improve his/her cardiovascular endurance. (10 marks)
- [Total: 25 marks]
- Q2. (a) Define *muscular strength*. (2 marks)
- (b) Outline **FOUR (4)** ways to overcome plateaus in strength training. (12 marks)
- (c) Define *resistance training*. (2 marks)
- (d) Examine **THREE (3)** variables which are important in designing a resistance programme. (9 marks)
- [Total: 25 marks]
- Q3. (a) Define *flexibility*. (2 marks)
- (b) With examples, discuss **THREE (3)** types of flexibility. (12 marks)
- (c) Define *body composition*. (2 marks)
- (d) Illustrate **THREE (3)** ways to measure body composition. (9 marks)
- [Total: 25 marks]

BASE1123 FOUNDATION OF FITNESS AND EXERCISE

- Q4. (a) Explain *circuit training*. (4 marks)
- (b) Design a circuit training for an advance exerciser. (12 marks)
- (c) State **FIVE (2)** training principles. (5 marks)
- (d) Differentiate between *warm up* and *cool down*. (4 marks)

[Total: 25 marks]