



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCE  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY  
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS**

**UNIT CODE: 118      UNIT NAME: FITNESS AND HEALTH (SPECIAL  
EXAM)- Upgrading cohort**

**DATE:            Day/ Date/ AUGUST  
TIME:            TWO HOURS  
START:           0:00                    STOP : 0:00**

**INSTRUCTIONS (physical exams)**

- 1. Do not write on this question paper**  
(Marks and questions distribution as per program curriculum.)

**INSTRUCTIONS (Online examinations)**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

**SECTION A. MULTIPLE CHOICE QUESTIONS. ANSWER ALL THE**

**QUESTIONS (20 MARKS)**

1. **Which of the following is NOT a component of health-related fitness?**

- A) Cardiovascular endurance
- B) Flexibility
- C) Balance
- D) Speed

2. **What does 'wellness' encompass?**

- A) Physical fitness
- B) Mental fitness
- C) Both physical and mental fitness
- D) Neither physical nor mental fitness

3. **Which principle of training involves preparing the body for exercise?**

- A) Cool down
- B) Warm-up
- C) Skills phase
- D) Endurance phase

4. **What is an example of specific (skill-related) fitness?**

- A) Flexibility
- B) Balance
- C) Cardiovascular endurance
- D) Muscle strength

5. **Motor learning is associated with:**

- A) Learning new movements through practice
- B) Cardio endurance training
- C) Stress management techniques
- D) Proper nutrition

6. **Which fitness component is directly improved by running?**

- A) Flexibility
- B) Coordination
- C) Cardiovascular endurance
- D) Muscle strength

7. **Gravity plays a role in:**

- A) Cardiovascular fitness
- B) Motor control and movement
- C) Cool down exercises
- D) Balance only

8. **Which principle of training involves returning the body to its resting state?**

- A) Warm-up
- B) Skills phase
- C) Cool down
- D) Endurance phase

9. **Experiencing exercises in the course refers to:**

- A) Learning theoretical knowledge
- B) Physically engaging in exercises
- C) Writing essays on fitness
- D) Watching fitness videos

10. **Which component of fitness helps with stress management?**

- A) Flexibility
- B) Cardiovascular endurance
- C) Nutrition
- D) Coordination

11. **Muscle strength is an objective in:**

- A) Warm-up
- B) Flexibility exercises
- C) Weight training
- D) Skills phase

12. **The skills phase in training typically includes:**

- A) Exercises for balance and coordination
- B) Resting and relaxation
- C) Stretching routines
- D) Cardio workouts

13. **Which of the following helps improve balance?**

- A) Running
- B) Stretching
- C) Coordination exercises
- D) Weight lifting

**14. What is the first stage of a workout session?**

- A) Skills phase
- B) Flexibility training
- C) Warm-up
- D) Cool down

**15. What is essential for weight control in fitness?**

- A) Strength exercises
- B) Cardio and proper nutrition
- C) Stress management techniques
- D) Flexibility routines

**16. Flexibility can be improved through:**

- A) Weight training
- B) Cardiovascular exercises
- C) Stretching
- D) Motor learning

**17. Motor control is necessary for:**

- A) Running
- B) Lifting weights
- C) Learning and controlling body movements
- D) Cool down exercises

**18. Stress management can be supported through:**

- A) Meditation and cardiovascular exercise
- B) Only weightlifting
- C) Motor learning techniques
- D) Stretching

**19. The objectives of fitness training typically include:**

- A) Improving coordination and muscle strength
- B) Increasing stress levels
- C) Reducing flexibility
- D) Avoiding movement exercises

**20. Cardiovascular endurance can be primarily improved through:**

- A) Stretching exercises
- B) Weight lifting
- C) Aerobic activities
- D) Balance exercises

**21. Nutrition plays a critical role in:**

- A) Motor control

- B) Flexibility
- C) Weight control and overall fitness
- D) Balance training

**22. What type of exercise is best for improving coordination?**

- A) Balance exercises
- B) Running
- C) Stretching
- D) Skill-specific drills

**23. Warm-up exercises help to:**

- A) Increase muscle strength
- B) Improve mental fitness
- C) Prepare muscles for intense activity
- D) Enhance flexibility only

**24. Gravity affects our movement by:**

- A) Increasing flexibility
- B) Reducing muscle strength
- C) Creating resistance to movement
- D) Improving balance

**25. Which fitness component is involved in improving muscle endurance?**

- A) Weight control
- B) Strength training
- C) Flexibility
- D) Stress management

**26. Motor learning can help improve:**

- A) Cardiovascular endurance
- B) Coordination and movement
- C) Flexibility
- D) Weight control

**27. Experiencing movement in fitness relates to:**

- A) Understanding gravity's effects on the body
- B) Weight management
- C) Learning exercise theory
- D) Improving flexibility through mental practice

**28. Flexibility is important for:**

- A) Cardiovascular health
- B) Stress management
- C) Preventing injury and enhancing range of motion
- D) Increasing body fat percentage

**29. The cool down phase in training is essential because it:**

- A) Increases heart rate
- B) Helps the body gradually return to rest
- C) Improves muscle strength
- D) Is an aerobic activity

**30. What are the two main categories of fitness discussed in the course?**

- A) Physical and mental fitness
- B) Strength and flexibility
- C) General and specific fitness
- D) Cardio and motor control

**SECTION B: SHORT STRUCTURED QUESTIONS. ANSWER ALL QUESTIONS (20 MARKS)**

1. Explain the difference between general fitness and specific fitness. Answer: (4 marks)
2. What is the role of gravity in motor control and movement? (2 marks)
3. Describe the key phases of a fitness training session. Answer: (5 marks)
4. How can cardiovascular endurance contribute to stress management? (5 marks)
5. Why is flexibility important for overall fitness? Answer: (4 marks)

**SECTION C. LONG STRUCTURED QUESTIONS. ANSWER ALL THE QUESTIONS (20 Marks)**

1. What are the components of general fitness (health-related fitness)? (4 marks)
2. How does wellness differ from physical fitness? (4 marks)
3. Describe the role of gravity in human movement. (4 marks)
4. What are the key phases in an exercise training session, and why are they important? (4 marks)
5. Explain the significance of motor learning in fitness. (4 marks)