



**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: PHT 118

UNIT NAME: Fitness and health (Main exam)

Upgrading cohort

DATE: Tuesday/ 3rd/ December

TIME: TWO HOURS

START: 6pm STOP : 8pm

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

SECTION A. MULTIPLE CHOICED QUESTIONS. ANSWER ALL THE QUESTIONS

1. What are the two main components of fitness?
 - a) Physical and mental
 - b) Strength and endurance
 - c) Cardio and weightlifting
 - d) Flexibility and balance

2. How does wellness differ from fitness?
 - a) Wellness is only about physical health
 - b) Wellness includes both physical and mental aspects
 - c) Wellness is solely focused on mental health
 - d) Wellness is not related to fitness

3. What are the two types of fitness?
 - a) General and specific
 - b) Easy and hard
 - c) Indoor and outdoor
 - d) Strength and cardio

4. What are the three key elements of motor control?
 - a) Gravity, motor learning, and movement
 - b) Strength, endurance, and flexibility
 - c) Balance, coordination, and agility
 - d) Cardio, strength, and balance

5. What is the purpose of motor learning?
 - a) To improve muscle strength
 - b) To enhance coordination
 - c) To develop movement skills
 - d) To increase flexibility

6. What is the recommended sequence for a workout?
 - a) Cool-down, warm-up, skills phase
 - b) Warm-up, skills phase, cool-down
 - c) Skills phase, warm-up, cool-down
 - d) Cool-down, skills phase, warm-up

7. What is the purpose of a warm-up?
- a) To increase heart rate and blood flow
 - b) To cool down muscles after exercise
 - c) To improve flexibility
 - d) To practice specific skills
8. What is the primary focus of the skills phase of a workout?
- a) Practicing specific exercises
 - b) Improving cardiovascular endurance
 - c) Increasing muscle strength
 - d) Enhancing flexibility
9. What is muscle strength?
- a) The ability to perform activities for a prolonged period
 - b) The ability to lift heavy weights
 - c) The ability to maintain balance
 - d) The ability to move joints through a full range of motion
10. What is cardiovascular endurance?
- a) The ability to lift heavy weights
 - b) The ability to perform activities for a prolonged period
 - c) The ability to maintain balance
 - d) The ability to move joints through a full range of motion
11. What is flexibility?
- a) The ability to lift heavy weights
 - b) The ability to perform activities for a prolonged period
 - c) The ability to move joints through a full range of motion
 - d) The ability to maintain balance
12. What is coordination?
- a) The ability to lift heavy weights
 - b) The ability to perform activities for a prolonged period
 - c) The ability to move joints through a full range of motion
 - d) The ability to use multiple muscle groups together

13. What is balance?

- a) The ability to lift heavy weights
- b) The ability to perform activities for a prolonged period
- c) The ability to move joints through a full range of motion
- d) The ability to maintain equilibrium

14. How does weight control contribute to overall health?

- a) Reduces the risk of chronic diseases
- b) Improves self-esteem
- c) Increases energy levels
- d) All of the above

15. What is stress management?

- a) The ability to lift heavy weights
- b) The ability to perform activities for a prolonged period
- c) The ability to move joints through a full range of motion
- d) The ability to cope with stress in a healthy way

16. How does nutrition support fitness goals?

- a) Provides energy for workouts
- b) Helps build and repair muscles
- c) Supports overall health and well-being
- d) All of the above

17. What is the importance of a personalized exercise program?

- a) Tailored to individual needs and goals
- b) Prevents injuries
- c) Increases motivation
- d) All of the above

18. What factors should be considered when creating a personalized exercise program?

- a) Fitness level
- b) Health conditions
- c) Goals and preferences
- d) All of the above

19. What is the recommended frequency of exercise for most adults?

- a) 1-2 days per week
- b) 2-3 days per week
- c) 3-4 days per week
- d) 5-6 days per week

20. What is the recommended duration of exercise for most adults?

- a) 15-20 minutes
- b) 20-30 minutes
- c) 30-60 minutes
- d) 60-90 minutes

21. What is the recommended intensity of exercise for most adults?

- a) Low-intensity
- b) Moderate-intensity
- c) High-intensity
- d) Varies based on individual goals

22. What is the recommended type of exercise for most adults?

- a) Cardiovascular
- b) Strength training
- c) Flexibility
- d) A combination of all three

23. What is the recommended mode of exercise for most adults?

- a) Walking
- b) Running
- c) Cycling
- d) Varies based on individual preferences

24. What is the recommended progression of exercise?

- a) Gradually increasing intensity, frequency, or duration
- b) Quickly increasing intensity, frequency, or duration
- c) Maintaining the same intensity, frequency, and duration
- d) Decreasing intensity, frequency, or duration

25. What is the importance of listening to your body during exercise?

- a) Prevents injuries
- b) Helps avoid overtraining
- c) Ensures effective workouts
- d) All of the above

26. Which of the following is NOT considered a component of health related fitness?

- a) Muscle strength
- b) Flexibility
- c) Coordination
- d) Cardiovascular endurance

27. What's the main purpose of a warm up in a training session?
- a) Improve flexibility
 - b) Prepare the body for more intense activity
 - c) Improve balance
 - d) Increase muscle strength
28. Which principle of training focuses on recovering the body after skills phase?
- a) Cool down
 - b) Warm up
 - c) Muscle strength
 - d) Cardiovascular endurance
29. Which of the following fitness components is most related to motor learning and control?
- a) Flexibility
 - b) Muscle strength
 - c) Coordination
 - d) Cardiovascular endurance
30. Which of the following is a key objective of personalized exercise program?
- a) Improving balance
 - b) Increasing stress
 - c) Eliminating movement
 - d) Reducing muscle strength

Section B: Short Structured Questions. Answer all the questions (20 Marks)

- 1: Explain the difference between general fitness and specific fitness. (4 marks)
- 2: Describe the three phases of a typical workout and explain their purpose. (4 marks)
- 3: Discuss the benefits of incorporating both cardiovascular exercise and strength training into a fitness program. (4 marks)
- 4: Explain the importance of nutrition in supporting fitness goals. (4 marks)
- 5: Describe the steps involved in creating a personalized exercise program. (4 marks)

Section C: Long structured questions. Answer all the questions (20 Marks)

1. How do strength training and cardiovascular endurance contribute to fitness objectives? (4 marks)
2. Discuss the importance of flexibility and balance in a fitness regimen. (4 marks)
3. What is the relationship between weight control and stress management in fitness? (4 marks)
4. How does personalized exercise programming enhance fitness outcomes? (4 marks)
5. Why is nutrition important in achieving fitness goals? (4 marks)