

**BINDURA UNIVERSITY OF SCIENCE EDUCATION**

**FACULTY OF SCIENCE AND ENGINEERING**

**DEPARTMENT: SPORTS SCIENCE**

**BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT**

**SSM115(1): PHYSICAL ACTIVITY AND WELLNESS PROMOTION**

**DURATION: 3 HOURS**

**TOTAL MARKS: 100**

**JUN 2025**

**INSTRUCTIONS TO CANDIDATES**

**Answer two questions from Section A and two questions from Section B.**

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**1. a** Explain any three (3) strategies that can be used to promote physical activity and wellness within your community. **(10 Marks).**

**b** Discuss the impact of excessive weight on health and wellness. **(15 Marks).**

**2.a** An individual may take part in non-competitive activities as part of their leisure and recreation time. State any ten (10) benefits of taking part in a non-competitive activity. **[10 marks]**

**b.** Physical activity plays a crucial role in the management and prevention of diabetes.

Explain the role physical activity in the management of diabetes. **(15 Marks).**

**3. a.** Explain any three (3) methods of improving athletic performance without resorting to doping. **(10 marks).**

**b.** What are the health risks of prolonged doping? **(15 Marks).**

**4.** Explain any five (5) physical activities that can be used in the management of obesity. **(25 marks).**

55. Tom, a 14-year-old student, has recently taken an interest in improving his overall fitness and has joined the school's soccer team. He wants to understand the basics of physical activity, how to optimize his diet for better performance, and the key training principles to ensure he gets the most out of his workouts.

- a. What three specific activities could engage in to improve his soccer fitness?  
(6 Marks)
- b. Explain to him how nutrition can enhance his athletic performance and suggest some dietary changes or additions he could make.  
(9 Marks)
- c. Explain any three key principles of training that Tom should consider to help him progress as a young athlete while avoiding injury and maintaining his enthusiasm for the sport.  
(10 Marks)

6. Emily, a 30-year-old working professional, is committed to maintaining her wellness throughout her life. She is aware that wellness is influenced by many factors and wants to adopt strategies that will help her stay healthy as she ages. She is also interested in understanding the different factors that contribute to overall wellness.

- a. Describe any three effective strategies that Emily can implement to ensure she stays healthy throughout her life.  
(12 Marks)
- b. Discuss any six factors that could impact her wellness, considering both physical and mental health aspects.  
(13 Marks)

END OF PAPER