BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM 115: PHYSICAL ACTIVITY AND WELLNESS PROMMOTION (1)

DURATION: 3 HOURS TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer any **four** (4) questions, each question carries equal Marks.

Question 1

a. Define the following terms, giving relevant examples

i. Physical activity [3 Marks]
ii. Wellness [3 Marks]
iii. Behaviour change [3 Marks]

b. Clarify any eight (8) healthy life style habits one should engage in. [16 Marks]

Question 2

Describe the following eating disorders:

i. Anorexia nervosa [13 Marks]
ii. Bulimia nervosa [12 Marks]

Question 3

a. As a Sports Scientist, outline the recommendations you would give to people who are in covid-19 self-quarantine to stay physically active. [10 Marks]
b. Explain how one can take care of their physical and mental health during corona virus pandemic [15 Marks]

Question 4

Explain how physical activity impact on one's wellness. **[25 Marks]**

Question 5

a. Outline any five (5) symptoms of diabetes. **[4 Marks]**
b. Explain the following terms
   i. Type 1 Diabetes Mellitus **[5 Marks]**
   ii. Type 2 Diabetes Mellitus **[5 Marks]**
   iii. Gestational Diabetes **[5 Marks]**
c. Explain any three (3) effects of physical activity or exercise on diabetes. **[6 Marks]**

Question 6

Denis is a 33-year old male who weighs 90kgs. He is so eager to reduce his weight even-though he engages in regular activity of 1 ½ hours running at 10km/h (METs: 9.8) 2 days a week, 20 minutes of general gardening at (METs: 3.8) once a week and 30 minutes of resistance training (METs: 3.5). Denis needs your help with weight loss.

TASK

a. Define the following terms
   i. calories **[2 Marks]**
   ii. MET **[2 Marks]**
b. Use the given data to determine the number of calories per minute Denis uses during the above activities: **[12 Marks]**
c. How long would it be necessary for Denis to perform the three activities to burn the equivalent of 1 pound (0.45kg) of fat if: **One pound (0.45kg) of fat contains approximately 3,500 calories of energy).** **[9 Marks]**

END OF PAPER