



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91 Cadastral Zone, NnamdiAzikkwe Express way, Jabi, Abuja.
FACULTY OF EDUCATION
2022_2 EXAMINATION

COURSE CODE: KHE415

COURSE TITLE: ADULT FITNESS PROGRAMME.

CREDIT UNIT: 2

TIME: 2hr

INSTRUCTIONS: ANSWER NUMBER ONE AND ANY OTHER TWO.

1. Define muscular endurance and muscular strength? 5marks
 - b. Differentiate between them? 5marks
 - c. Discuss the components of performance related, such as speed, power, balance, agility, reaction time? 20marks
2. Briefly state the history of physical fitness? 10 marks
 - b. Identify the classifications into health and performance related component? 10marks
3. Explain the Components of exercise prescriptions and selecting exercise programme? 20 marks
4. Explain in detail what you understand by cardio respiratory fitness? 20 marks
5. List the principles of physical fitness? 10marks
 - b. Discuss procedure for individual physical fitness programme? 10marks