



**NATIONAL OPEN UNIVERSITY OF NIGERIA, UNIVERSITY VILLAGE PLOT 91,  
CADASTRAL ZONE,  
NNAMDI AZIKIWE EXPRESS WAY JABI, ABJUA  
2023\_1 POP EXAMINATION..**

**COURSE CODE: KHE 334**

**COURSE TITLE: SPORT AND AGEING**

**TIME ALLOWED: 2HOURS**

**INSTRUCTION: ANSWER QUESTION ONE (1) WHICH IS COMPULSORY AND ANY  
OTHER TWO QUESTIONS FROM THE OPTION PROVIDED**

- 1a. Define the word Ageing
- 1b. Outline three (3) theories of ageing and explain them
- 2a. What is sport policy
- 2b. What are the steps to manage ageing?
- 3a. What are the types of grief?
- 3b. Define the word dying
- 4a. What is death
- 4b. Define the word lifestyle
- 5a. List all the process of ageing
- 5b. Explain all the process of ageing.