



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
Plot 91, Cadastral Zone, University Village,  
Nnamdi Azikiwe Expressway, Jabi, Abuja  
**Faculty of Education**  
**Department of Human Kinetics & Health Education**  
**2024 1 EXAMINATION**

Course Code: KHE 436

Course Title: Physiology Applied to Physical Conditioning

Time: 2hours

Instruction: Answer question one (1) and any other two.

1. a. Explain how the following terms can be used in injury prevention during physical activity
  - I. Warm-up
  - II. Stretching
  - III. Cooling Down

(15 Marks)

b. Discus any three (3) common causes of injuries (15Marks)
2. Write notes on the following terms
  - I. Circulatory system
  - II. Components of circulation
  - III. Cardiac output
  - IV. Blood pressure

(20 Marks)
3. a. Mention and explain any three ways injury can be prevented by an athlete (12Marks)

b. Mention any four common causes of injuries (8 Marks)
4. a. Write notes on the following
  - I. Acute injuries
  - II. Overtraining
  - III. Warm up
  - IV. Cool down

(16 Marks)

b. Mention any four (4) benefits of strength training (4 Marks)