



**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\_2 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 any four(4) basic principles of body conditioning (12Marks)  
b. Discuss the following as they relate to exercise  
I. Aerobic dancing  
II. Step Aerobics  
III. Water Aerobics (12Marks)  
c. Mention any four (4) benefits of physical activity (6Marks)
2. a. Explain the major types of exercise (6 Marks)  
b. Write notes on the following  
I. Body reactions during exercise  
II. Respiratory changes induced by training. (8 Marks)  
c. Define the following terms  
I. Exercise Physiology  
II. Athletic conditioning (6 Marks)
3. a. Write notes on the following principles of training  
i. Progressive overload  
ii. Specificity (10Marks)  
b. Explain the following training methods  
I. Interval training  
II. Continuous training (10 Marks)
4. Write short notes on the following  
I. Physiological adaptations to training  
II. Neuromuscular adaptations to training  
III. Changes in circulatory system due to exercise  
IV. Respiratory system adaptations to training (20 Marks)
5. 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)