



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
2025_2 EXAMINATIONS

Course Code: KHE 436

Course Title: Physiology Applied to Physical Conditioning

Time: 2hours

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

1. a. Discuss the following terms as they relate to physical conditioning
 - I. Physical activity
 - II. Physical fitness
 - III. Physical conditioning (12 Marks)
- b. Explain any three (3) benefits of physical activity (12 Marks)
- c. Describe any three (3) benefits of body conditioning (6 Marks)
2. a. Mention the components of physical fitness (3 Marks)
- b. Explain the health-related components of physical fitness (9 Marks)
- c. Differentiate between the following terms as they relate to test of fitness
 - I. Metabolic fitness
 - II. Morphologic fitness
 - III. Bone integrity (8 Marks)
3. a. Write notes on the effects of exercise on the following organs
 - i. Heart
 - ii. Lungs
 - iii. Skeletal muscles (15 Marks)
- b. Explain the influence of Gender on Cardiorespiratory fitness (5 Marks)
4. a. Explain any five (5) principles of body conditioning (10 Marks)
- b. With relevant examples, explain the following types of exercise
 - I. Aerobic
 - II. Anaerobic (10 Marks)
5. 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. Mention any two (2) common causes of injuries (5 Marks)