



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_1 EXAMINATION

Course Code: KHE 436

Course Title: Physiology Applied to Physical Conditioning

Time: 2 hours

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 five (5) benefits of physical conditioning (15 Marks)
- c. Mention any three (3) benefits of body conditioning (3 Marks)
2. a. Explain the following Health related components of physical fitness
I. Cardiorespiratory endurance
II. Muscular fitness
III. Body weight and body composition
IV. Neuromuscular Relaxation (12 Marks)
- b. Explain the components of physiological fitness. (8 Marks)
3. a. Write notes on the following as they relate to exercise and fitness
i. Heredity and Cardiorespiratory fitness
ii. Gender and respiratory fitness
iii. Age and Cardiorespiratory fitness (15 Marks)
- b. Using endurance-trained and untrained individuals, explain the effect of exercise on the heart (5 Marks)
4. a. Explain any four benefits of Exercise (8Marks)
b. Define the following terms
I. Flexibility
II. Cooling down
III. Respiration
IV. Resistance (12 Marks)
5. Write notes on the following terms
I. Circulatory system
II. Components of circulation
III. Cardiac output
IV. Blood pressure (20 Marks)