



**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: 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 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)