

**ADDIS ABABA UNIVERSITY  
DEPARTMENT OF SPORT SCIENCE  
PHYSICAL FITNESS (SpSc1011) FINAL - EXAMINATION**

**DATE: Feb 27, 2021**

**EXAM VALUE: 50%**

**TIME ALLOWED: 60 Min**

**GENERAL INSTRUCTIONS**

- \* Do not Forget to Write Your Name, ID.No, Section, and sign
- \* Read the Instructions of Each Item Very Carefully,
- \* Check that the Exam Paper has Four Parts and Five Pages.

Name: _____	Section: _____	Signature: _____
Id No: _____	Instructors name _____	

**Part One: Multiple Choice Items**

**Direction:** Choose a letter with the correct answer from the given alternatives and write your answer only on the space provided. (24 points)

1. Which training principle states about engaging on fitness activities on regular basis. [\_\_\_\_\_]  
A. Principle of overload.      C. Principle of consistency  
B. Principle of specificity      D. Principle of individuality
2. Which one of the following is not true about Physical Exercise? [\_\_\_\_\_]  
A. It is unplanned daily activity  
B. It structured and repetitive designed to improve fitness  
C. It is purposive  
D. It is a core for improved physical fitness
3. Which of the following is not as a skill-related fitness component? [\_\_\_\_\_]  
A. Coordination  
B. Flexibility  
C. Balance  
D. Agility
4. Which fitness principle states "Use it or loss it" [\_\_\_\_\_]  
A. Principle of Overload  
B. Principle of Specificity  
C. Principle of Progression  
D. Principle of Reversibility

5. Compared to the energy source listed under, which one of the following has the largest in-terms of the kilo calorie? [\_\_\_\_\_]
- A. Protein
  - B. Carbohydrate
  - C. Water
  - D. Fat
6. Which one of the following disease condition characterized by the loss of bone mineral content and bone mineral density. [\_\_\_\_\_]
- A. Lipidimia
  - B. Hypercholesterlimia
  - C. Osteoporosis
  - D. None of the above
7. The ability to meet the ordinary, as well as unusual demands of daily life safely and effectively without being overly fatigued is known as \_\_\_\_\_?
- A. Physical activity
  - B. Physical Exercise
  - C. Physical Fitness
  - D. Sports
8. Which one of the following statement is correct? [\_\_\_\_\_]
- A. A sedentary person is not exposed to diabetics
  - B. Physically activity person is exposed to hypokinetic disease
  - C. Physical activity can enhance academic performance of students
  - D. All are correct
9. The old saying,—"No pain, No gain" represent \_\_\_\_\_?
- A. Principle of specific
  - B. Principle of reversibility
  - C. Principle of overload
  - D. None of the above
10. Training phases can be organized on a daily, weekly, monthly. This is known as principle of \_\_\_\_\_?
- A. Rest
  - B. Recovery
  - C. Periodization
  - D. All are correct
11. Which one of the following reflects overtraining syndrome/symptom? [\_\_\_\_\_]
- A. Weight Loss
  - B. Sleep Disturbances
  - C. Loss of Motivation
  - D. All are correct

12. Which one of the following is not a benefit of warming up? [\_\_\_\_\_]

  - A. Cools down the body.
  - B. Reducing the risk of musculoskeletal injuries.
  - C. Raising the body's core temperature in preparation for activity.
  - D. Stretching the major muscle groups to be used in the activity.

13. During the initial phase of an exercise program a beginner shall [\_\_\_\_\_]

  - A. Begin exercising slowly and gradually increase volume
  - B. Keep intensity high, exercise at the high end of the target heart rate range.
  - C. Perform short but intense bout activity
  - D. Exercise 5-7 days per week

14. Which of the following is not a health related fitness component? [\_\_\_\_\_]

  - A. Muscular Endurance
  - B. Cardiovascular endurance
  - C. Body composition
  - D. Co ordination

15. An individual's body mass index(B.M.I) calculated between 25 and 30, indicates the individual is classified as [\_\_\_\_\_]

  - A. Underweight
  - B. Normal body weight
  - C. Obese/obesity
  - D. Overweight

16. Which one of the following is not a benefit of cooling down? [\_\_\_\_\_]

  - A. Prevents dizziness.
  - B. Redistributions circulation.
  - C. Removes lactic acid.
  - D. Removes Myoglobin.

**Part Two: True/False Items.**

Direction: Write "True" if the statement is correct and write "False" if the statement is incorrect on the space provided. (6 points)

1. Improved Health related fitness will help to improve or maintain health status of an individual. [\_\_\_\_\_]
  2. The body's ability to adapt to gradual increases in the amount of exercise is the principles of reversibility. [\_\_\_\_\_]
  3. For substantial health benefits adults should engage in aerobic exercise at least 150 minutes per week at a moderate intensity. [\_\_\_\_\_]
  4. Muscular endurance is defined as the ability of a muscle to generate force over and over again. [\_\_\_\_\_]
  5. A developed fitness can be stored and used after a period of time. [\_\_\_\_\_]
  6. What we are doing to develop and maintain our health status is a sport activity. [\_\_\_\_\_]

### Part Three: Matching Items

Direction: Match the test types listed in column "A" with their corresponding fitness components in column "B" and write your answer on the space provided. (4 Points)

#### COLUMN "A"

1. Push up test [\_\_\_\_\_]
2. Body Mass Index[\_\_\_\_\_]
3. The Cycle Ergo meter Test [\_\_\_\_\_]
4. Sit and reach test [\_\_\_\_\_]

#### COLUMN "B"

- A. Body composition
- B. Cardiovascular Endurance
- C. Flexibility
- D. Muscular endurance

### Part Four: Fill in the blank space Items

Direction: Fill the blank space with an appropriate answer and write your answer only on the space provided. (8 points)

1. A brief (5 to 15 minute) period of exercise that precedes any workout aimed at elevating body temperature and supply of blood to the working muscle is termed as \_\_\_\_\_.(2 point)
2. In exercise, the amount of stress placed on the body can be controlled by four variables and these variables are known by the acronyms FITT. What does each acronym stands for?(4 points)

F: \_\_\_\_\_

I: \_\_\_\_\_

T: \_\_\_\_\_

T: \_\_\_\_\_

3. \_\_\_\_\_ is diseases are conditions related to inactivity or low levels of habitual activity. (2 points)

### Part Five: Short answer items (8%)

Give short and clear answer for the following questions and write your answer only on the space provided.

1. What is the importance of having a medical exam and fitness assessment prior to an exercise training program?(2 points)
2. List out the benefits of participating in physical exercise.(2 points)
3. Briefly explain the health risks associated with over fatness (obesity). (2points)
4. Assume that you want to build your muscle or strength, how do you plan to achieve this objective (what procedures are you going to follow)?(2 points)

## < Reading

Uncategorized 21/09/21

### Multiple choice

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- |      |       |       |
|------|-------|-------|
| 1, C | 7, C  | 13, A |
| 2, A | 8, C  | 14, D |
| 3, B | 9, C  | 15, D |
| 4, D | 10,C  | 16, D |
| 5, D | 11, D |       |
| 6, C | 12, A |       |
- 

### True/False              Matching

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- |      |      |
|------|------|
| 1, T | 1, D |
| 2, F | 2, A |
| 3, T | 3, B |
| 4, T | 4, C |
| 5, T |      |
| 6, F |      |
- 

### Fill The Blank Space

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- 1, Warm up
- 2, F:- Frequency
- I:- Intensity
- T:- Time
- T:- Type
- 3, Hypo kinetic Diseases

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