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be reasonable, to be successful

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HAWASSA UNIVERSITY
COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCES
DEPARTMENT OF SPORT SCIENCE

Name _____ ID Number _____ Section ____ Signature _____
Date 26/12/2019 Course code SPSc 101 *Time allowed; 45min*
Weight 25%

Physical fitness mid exam for regular first year Natural science students.

Write your answer only on the space provided unless you will lose your mark!!!

I. Write True for the correct statement and False for the incorrect one (0.5pt each)

---------1.Physical activity is a bodily movement produce by skeletal muscles that results in energy expenditure.

---------2.Performing of warming up exercise means slowing down your level of activities bit by bit.

---------3.Periodization is a process of dividing the annual plan in to smaller phases.

---------4.Doing a physical activities by the help of oxygen is called anaerobic physical activity.

---------5.Regular physical activities are the best defense mechanisms against many diseases.

---------6.The body cannot repair itself without rest and recovery.

---------7.Intensity is the degree of difficulty at which the exercise carried out.

---------8.Over training is a decline in performance resulting from psychological and physiological factors.

II. Choose the Best answer from the given alternatives(1pt each)

---------1.Which one of the following is **not true** about symptoms of over training syndrome?
A) Weight loss B) loss of motivation C) Concentration D) Feelings of depression
E) All F) None

---------2.Which one of the following is an example of aerobic exercise?
A) Walking B) Weight lifting C) Sprinting D) None

---------3.Which one of the following is coronary heart disease risk factors except ----
A) Family history B) Age C) Being active D) None

---------4.Which of the following is true about the aim of periodization?
A) Avoiding over training B) Avoiding injuries C) Improve performance D) All

---------5.Which one of the following is proper category according to the body mass index of ≥ 40.0?
A) Normal B) Over weight C) Obese D) None

---------6.Which one of the following is **not** a good habits for good health?
A) Regular exercise B) Healthy food C) Managing stress D) None

---------7.Which of the following is a method of organizing workout in to blocks of periods?
A) Rest B) Adaptation C) Periodization D) Overtraining

---------8.Which one of the following is a training cycle?
A) Macro cycle B) Micro cycle C) Meso cycle D) all

9. Which one of the following is not health related physical fitness?

A) Endurance B) Flexibility C) Boy composition D) None

10. Which of the following hypokinetic disease is caused by lack of blood supply to the heart muscles.

A) Coronary heart disease B) Cancer C) Diabetes D) Low back pain

11. Low-back pain is associated with ____

A) Physical in activities B) Faulty posture C) Excessive body weights D)Improper body mechanics E) All are correct

III. Matching the following items from column A to B (1pt each)

Column A	Column B
____1.Overload	A) Training more than you normally do.
____2.Individuality	B) If you do not use it you lose it.
____3.Specificity	C) Everyone is different to respond differently for training
____4.Progression	D) A training should be closely related to your goal.
____5.Reversibility	E) Gradual improvement without risking injuries.
	F) How much stress is being applied?

IV. Give short and precise answer (1pt each)

1. Sport_____

2. What is FITT mean

3. Write at list five benefits of physical exercise

Good luck!!