Name _____ Weigh

Time Allotted-35 Minute

True false Item (1 point each) – Write True for correct statement and False for Incorrect one

1. False The body's ability to function effectively and efficiently, and Contributes the total quality of life is called physical activity
2. True The activity of sport has been refined and formalized to some degree- and /or some definite forms
3. False Physical Activity is one part of Physical exercise
4. False Level of Physical Fitness of beginner and senior fitness training Participants are the same
5. False Aerobic physical activity refers to high-intensity activity that exceeds the capacity of the cardiovascular system to provide oxygen.

Part I Multiple Choice (1.25 Point each)- Choose the correct Answer from the given Alternatives

1. A The body's ability to adapt to gradual increases in the amount of Exercise is the principle of:

A. Overload
B. Specificity
C. Reversibility
D. Assessment
E. None of t above

2. B The term exercise refers to physical activity that is:

A. Discontinuous and unplanned but designed to improve fitness
B. Planned, structured, and repetitive designed to improve fitness
C. Not a contributor to physical fitness
D. Random and unstructured
E. None of the above

3. C How often should you exercise describes as_____

A. Exercise Duration
B. Exercise Intensity
C. Frequency of exercise
D. Types of exercise
E. Overload principles

4. A B Suppose an individual gradually increase the load of exercise in fitness training program, So this types principles referred to as _____
   A. Overload
   B. Progression
   C. Reversibility
   D. Individualization
   E. specificity

5. C If an individual engage in physical activity or exercise for 45 minutes instead of 30, So this types of adding the load is known as _____
   A. Types of Exercise
   B. Exercise Intensity
   C. Exercise Duration
   D. Frequency of exercise
   E. Overload principles

6. D The number of times/days exercise is undertaken in a week is Called_____
   A. Types of exercise
   B. Exercise Intensity
   C. Exercise Duration
   D. Frequency of exercise
   E. None of the above

7. E Which one of the following describes the benefits of Physical exercise/Activity **Except**
   A. It improves quality of overall health
   B. It reduced the existence of early osteoporosis
   C. It prevent heart disease and stroke
   D. It reduce and/or prevent the occurrence of depression and anxiety
   E. None of the above

8. B The difficulty of exercise in fitness training session is called_____
   A. Exercise Duration
   B. Exercise Intensity
   C. Exercise Frequency
   D. Types of exercise
   E. None of the above

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: _____

Id No: _____ Section: _____ Signature: _____

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.
   B. Principle of specificity
   C. Principle of consistency
   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. Hypercholestelimia
   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

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:
Id No:
Section:
Signature:
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]
   A. Principle of overload.
   B. Principle of specificity
   C. Principle of consistency
   D. Principle of individuality
2. Which one of the following is not true about Physical Exercise? [A]
   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? [B]
   A. Coordination
   B. Flexibility
   C. Balance
   D. Agility
4. Which fitness principle states "Use it or loss it" [D]
   A. Principle of Overload
   B. Principle of Specificity
   C. Principle of Progression
   D. Principle of Reversibility

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"		COLUMN "B"
1. Push up test [D]		A. Body composition
2. Body Mass Index[A]		B. Cardiovascular Endurance
3. The Cycle Ergo meter Test [B]		C. Flexibility
4. Sit and reach test [C]		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: Frequency

I: Intensity

T: Time.

T: Type.

3. Obesity 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 answ only on the space provided.

1. What is the importance of having a medical exam and fitness assessment prior to 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 pl achieve this objective (what procedures are you going to follow)?**(2 points)**

12. Which one of the following is not a benefit of warming up? [A]
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]
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? [D]
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 [B]
A. Underweight
B. Normal body weight
C. Obese/obesity
D. Overweight

16. Which one of the following is not a benefit of cooling down? [B]
A. Prevents dizziness.
B. Redistributes 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. [True]
2. The body's ability to adapt to gradual increases in the amount of exercise is the principles of reversibility. [True]
3. For substantial health benefits adults should engage in aerobic exercise at least 150 minutes per week at a moderate intensity. [True]
4. Muscular endurance is defined as the ability of a muscle to generate force over and over again. [True]
5. A developed fitness can be stored and used after a period of time [True]
6. What we are doing to develop and maintain our health status is a sport activity. [True]

5. Compared to the energy source listed under, which one of the following has the largest in-terms of the kilo calorie? [D]
   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. [C]
   A. Lipidimia
   B. Hypercholestelimia
   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 __C__?
   A. Physical activity
   B. Physical Exercise
   C. Physical Fitness
   D. Sports

8. Which one of the following statement is correct? [C]
   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 __C__?
   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 __C__?
   A. Rest
   B. Recovery
   C. Periodization
   D. All are correct

11. Which one of the following reflects overtraining syndrome/symptom? [D]
   A. Weight Loss
   B. Sleep Disturbances
   C. Loss of Motivation
   D. All are correct


adidas
TEAM OFFICIAL
10 11

