

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

1ST SEMESTER 2023/2024 ACADEMIC YEAR

FIRST YEAR EXAMINATION FOR THE
DEGREE OF BACHELOR OF ARTS IN PEACE AND
CONFLICT STUDIES

SPSM 111: FOUNDATION OF SPORT SCIENCE

STREAM:

TIME: 2 HRS

DAY: FRIDAY [11.30-13.30 P.M]

DATE: 08/12/2023

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



SECTION A (COMPULSORY) (30 MKS)

1. Give a brief description of sports science (2mks)
2. What are some of the scientific disciplines of study in sports science (4mks)
3. Give a brief history of sports science and the recent trends and developments in the study of sports science (10mks)
4. State 5 ways that depict how sport has a dark side due to the ever-increasing monetary value in the field (5mks).
5. Biomechanics is a combination of two words, i.e., Bio and Mechanics. Define the two terms and give a description of biomechanics as related to sports (2mks).
6. State and define some of the goals of biomechanics (5mks)
7. An athlete comes to you for advice complaining that he is always getting injuries even when training. What advice would you give her? (2mks)

SECTION B

Choose any two questions.

Question 1:

- a) List the challenges facing the field of sports science (10mks)
- b) State and define five of the social dimensions and roles of sports (10mks)

Question 2:

- a) Define sports psychology (2mks)
- b) Define some of the challenges that may require the intervention of a sports psychologist (8mks)
- c) Define some common sports psychology techniques (10mks)

Question 3:

- a) List some of the career opportunities that sports science provides (10mks)
- b) Define the physiological changes that occur during sports (10mks)

