

LAIKIPIA



UNIVERSITY

# UNIVERSITY EXAMINATIONS

**FIRST SEMESTER 2025/2026 ACADEMIC YEAR**

**FIRST YEAR EXAMINATION FOR THE DEGREE OF  
BACHELOR OF ARTS IN SPORTS SCIENCE  
MANAGEMENT**

**SPSM 111: FOUNDATIONS OF SPORTS SCIENCE**

***STREAM: R***

***TIME: 2 HRS***

***DAY: FRIDAY [14.30 P.M-16.30 P.M]***

***DATE: 30/01/2026***

**THIS QUESTION PAPER CONSISTS OF THREE (3) PAGES**

**PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.**

**Instructions: Answer question one and any other two questions**

**QUESTION ONE**

- a) Differentiate the following terms as used in foundations of sports science
  - i) Physical fitness and physical activities (2marks)
  - ii) Play and exercise (2marks)
  - iii) Sports and games (2marks)
  - iv) Leisure and recreation (2marks)
- b) Examine FOUR social benefits of regular participation in Sports Science activities (4marks).
- c) Discuss any FIVE factors hindering teaching of Sports Science in our country (10marks)
- d) Describe the history and development of sports science in African society (8marks)

**QUESTION TWO**

- a) Explain any FIVE diseases that are alleviated as a result of participation in physical education and sports activities (5marks)
- b) Elaborate on the benefits of sports science to the modern society (5marks)
- c) Describe any FIVE ways in which Sports Science promotes national's goals of education in Kenya (10marks)

**QUESTION THREE**

- a) Examine any **Four** branches of philosophy in sports science (4marks)
- b) Discuss the application of the four branches of philosophy to sports science (10marks)
- c) Explain how the Sports science programme is learner friendly (6 marks)

**QUESTION FOUR**

- a) Other than teaching, give other EIGHT career opportunities available for sports science graduates (8marks).
- b) Sports science does not only develop an individual socially but also molds his/her character. Explain twelve ways in which physical education contributes towards character development of an individual (6 marks)
- c) Discuss six benefits of physical fitness to an individual (6 marks)

**QUESTION FIVE**

- a) Explain four emerging issues that are addressed in the teaching of sports science  
**(4 marks)**
- b) Discuss how physical education and sports can help in solving such issues explained in 5b above  
**(6 marks)**
- c) Discuss how the psychological factors influence participation in sports science activities  
**(10 marks)**