



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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UNIVERSITY EXAMINATIONS 2023/2024

THIRD YEAR, FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
EDUCATION ARTS

EPH 3300: AEROBICS, DANCE AND GYMNATICS

DATE: DECEMBER 2023

TIME: 2 HOURS

INSTRUCTIONS: *Answer All Questions.*

SECTION A: AEROBICS

1. Explain five reasons for warm up before an aerobics session (5 Marks)
2. Briefly explain five factors you would consider planning an aerobics program (5 Marks)
3. Outline five ways an aerobics instructor would ensure safety during a session (5 Marks)
4. Outline the phases of an aerobics session (5 Marks)

SECTION B: DANCE

5. Outline five benefits of dance to a community (5 Marks)
6. Explain five classifications of dance (5 Marks)
7. Explain five elements of dance (5 Marks)
8. Briefly outline five traits of a competent dance choreographer (5 Marks)

SECTION C: GYMNASTICS

9. Discuss five teaching points for head balance (5 Marks)
10. Explain how you would creatively improvise during a gymnastics lesson (5 Marks)
11. Explain five benefits of gymnastics to high school students (5 Marks)
12. Briefly explain five factors to consider to ensure in building a good pyramid (5 Marks)

NB: TOTAL 60 MARKS CONVERTED TO 30 MARKS