



# MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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## University Examinations 2024/2025

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

#### EPH 3300: AEROBICS, DANCE AND GYMNASTICS

DATE: JANUARY 2025

TIME: 2 HOURS

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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 programme (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. Outline 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.**