



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

P.O. Box 972-60200 – Meru-Kenya

Tel: +254(0) 799 529 958, +254(0) 799 529 959, + 254 (0) 712 524 293,

Website: info@must.ac.ke Email: info@must.ac.ke

University Examinations 2024/2025

**FOURTH YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF EDUCATION ARTS**

EPH 3400: SKILL SPECIALIZATION II

DATE: JANUARY 2025

TIME: 2 HOURS

INSTRUCTIONS: *Answer all the questions*

Section A (20 marks)

Aerobics

1. Discuss the benefits gained overtime through engaging in low intensity aerobics (10 marks)
2. Outline five reasons why a clients' medical history is necessary before enrolling into an aerobics class (5 marks)
3. Briefly explain five aspects of improvisation in aerobics sessions (5 marks)

Section B (20 marks)

Hockey

1. Discuss five good qualities of an umpire for a national hockey tournament (10 marks)
2. Briefly explain five key areas you would emphasize as you take beginners through a hockey practical lesson (5 marks)
3. Describe the green caution card and its application during a hockey match (5 marks)

40 marks converted to 30 marks



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FOURTH YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS

EPH 3400: SKILL SPECIALIZATION II (PRACTICAL)

DATE: JANUARY 2025

TIME: 2 HOURS

INSTRUCTIONS: *Answer all the questions*

Section A (20 marks)

Execute the following skills

Conduct a three minutes step aerobics session with four different moves each (5marks)

Section B (20 marks)

Execute the flowing skills

- | | |
|--------------------|-----------|
| i. Indian dribble | (5marks) |
| ii. Penalty flick | (5marks) |
| iii. Push and stop | (10marks) |

NB: 40 MARKS TO BE CONVETED TO 30 MARKS