

**UNIVERSITY OF SWAZILAND
FACULTY OF EDUCATION
DEPARTMENT OF PRIMARY EDUCATION
END OF THE YEAR EXAMINATION
MAY 2008**

**TITLE : ANATOMY PHYSIOLOGY AND
PHYSICAL FITNESS**

COURSE CODE: CPE 105

TIME ALLOWED: TWO (2) HOURS

INSTRUCTIONS:

- 1. Answer any two (2) questions**
- 2. This paper consists of two pages, cover page included**

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION HAS BEEN
GRANTED BY THE INVIGILATOR**

End of the year Exam

ANATOMY, PHYSIOLOGY AND PHYSICAL FITNESS

Attempt any 2 questions. Each question carries equal marks.

1. (a) Define and explain physical fitness. (5 marks).
(b) Discuss the following components of physical fitness citing specific examples:
(i) Flexibility (ii) Endurance (iii) Strength (iv) Power (v) Agility. (15marks).
(c) Differentiate between health-related fitness and motor fitness components (5 marks).

2. Clearly differentiate the following pairs of anatomical terms, citing specific examples of bodily movements in physical activity:
 - (a) Pronation and supination
 - (b) Plantar flexion and dorsiflexion
 - (c) Internal and external rotation
 - (d) Adduction and abduction
 - (e) Inferior and superior .

(5 marks each)

3. Discuss the skeleton, including its functions in relation to physical activity. 25 marks