

**UNIVERSITY OF SWAZILAND  
FACULTY OF EDUCATION  
DEPARTMENT OF ADUL EDUCATION**

**FINAL EXAMINATION MAY 2009**

**TITLE : ANATOMY, PHYSIOLOGY AND PHSYCIAL  
FITNESS**

**COURSE CODE : CPE 105**

**TIME ALLOWED : TWO (2) HOURS**

**INSTRUCTIONS:**

*Answer any 3 questions.*

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

## **ANATOMY, PHYSIOLOGY AND PHYSICAL FITNESS**

1. (a) Discuss any 5 functions of the skeletal system (10 marks).  
(b) Describe the axial and appendicular skeletons (10 marks).  
(a) Describe the muscles primarily involved in adduction of the right arm (5 marks).
2. (a) Describe the types of muscles in the human body, giving two examples of each (10 marks).  
(b) Discuss any 4 functions of a muscle (5 marks).  
(c) Explain any 5 ways of preventing injuries to muscles and joints (10 marks).
3. (a) Briefly describe the circulatory system (5 marks)  
(b) Describe hypertension (5 marks)  
(c) Discuss the causes and prevention of hypertension (15 marks).
4. Define the following anatomical terms citing specific examples or illustrations
  - (i) Inferior/ Superior
  - (ii) Anterior/Posterior
  - (iii) Medial/Lateral
  - (iv) Central/Peripheral
  - (v) Saggital plane
  - (vi) Transverse plane
  - (vii) Frontal plane
  - (viii) Proximal/Distal

(3 marks each)