

**UNIVERSITY OF SWAZILAND
FACULTY OF EDUCATION
PRIMARY EDUCATION
CERTIFICATE IN PHYSICAL EDUCATION**

**CPE 105
ANATOMY PHYSIOLOGY AND PHYSICAL FITNESS**

2HRS

**END OF SEMESTER 1 EXAMINATION
DECEMBER 2009**

INSTRUCTIONS

Answer any 3 questions

Anatomy, physiology and physical fitness

1. Discuss the muscles listed below under the following headings: Origin, insertion and actions; with illustrative examples.
 - a. Biceps
 - b. Triceps
 - c. Trapezius
 - d. Soleus
 - e. Gastrocnemius

(5 marks each)

2a. Distinguish between dorsal and ventral body cavities and describe the two smaller cavities that occur within each. 10 marks

b. List the organs in these cavities and one function of each. 15 marks

3a. Briefly explain the role of the immune system (4 marks)

b. Define the following terms and explain their significance in the immune system:

1. Helper T cell
2. B cell
3. Antibody
4. Macrophage
5. Lymph node
6. Lymph
7. Spleen

(3 marks each)

4a. Discuss the digestive system including its functions (15 marks)

b. Briefly discuss how to improve the functions of the digestive system (10 marks)