

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT**

**ASSOCIATE DEGREE IN COACHING**

**JANUARY 2021 EXAMINATION**

**INTRODUCTION TO CONDITIONING**

**[CO212ASC]**

**YEAR 2**

**DURATION: 2 HOURS**

**INSTRUCTIONS: ANSWER ALL QUESTIONS IN SECTIONS A, B AND SECTION C.**

**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

**SECTION A**  
**ANSWER ALL QUESTIONS**

**MULTIPLE CHOICE – 25 marks**

1. Conditioning is the art and science of:
  - a. Preparing for the speed work part of track and field
  - b. Preparing for the general and the specific preparation.
  - c. Adequate preparation of the athlete across the period
  - d. Preparing for transitory period
  
2. Bench press can be considered as:
  - a. An upper body exercise
  - b. A lower body exercise
  - c. Both upper and lower body exercise
  - d. An Olympic lift
  
3. These are examples of Aerobic activities:
  - a. and playing Cricket
  - b. Stretching and Cycling
  - c. Interval and Farklet training
  - d. Swimming and Pole Vault
  
4. The marathon runner rely on a great supply of \_\_\_\_\_ for its energy production:
  - a. Hydrogen and Oxygen
  - b. Oxygen
  - c. Nitrogen
  - d. Carbohydrates
  
5. An accepted Micro-Cycle duration is:
  - a. 5-12 days
  - b. 12 days
  - c. 7-10 days
  - d. 5 days
  
6. A useful Macro-Cycle should last about:
  - a. 3 weeks
  - b. 8 months
  - c. 5-10 weeks
  - d. 4-6 weeks

7. Which of the following method training enhance good conditioning result.
- Weights training
  - Plyometric training
  - Circuit training
  - Hills training
8. An exercise circuit should obey the following practice:
- One minute rest between repetitions
  - One minute rest after first 2 activities
  - One minute rest between sets
  - Two to Five minutes rest between sets
9. The recommended number of sets for a weight lifting session is:
- 5 sets
  - 8 sets
  - 3 sets
  - 1 set at minimum all the time
10. The development of strength (maximum) is developed in:
- The gym with maximum weight all the time
  - The gym with 50%-60% of maximum
  - The gym super setting at 105% of maximum
  - The gym using 80%-90% of maximum
11. Elastic strength is develop using the following combinations of activities.
- Plyometric, jumps and bounding
  - Plyometric, medicine ball and steps
  - Plyometric, stretching and hills
  - Plyometric, hills and fartlek
12. Speed is best measured after running:
- 60 meters
  - 80 meters
  - 100 meters
  - 30 meters -50 meters

13. When the weights are light for example less than thirty percent (30%) of the max the number of repetitions should be:
- Slow and 10-15 repetitions
  - Quick and repetition of 15-18
  - Slow and 15-18
  - Quick and up to a total of 30 repetitions
14. Squats and calf raiser are largely:
- Lower body exercises
  - Upper body exercises
  - Total body activities
  - Early season lifting activities
15. Flexibility activities are used at the following points:
- only at the end of the activities
  - At the beginning and during the first part of activities
  - Only at the beginning
  - Before, during and after any session
16. The annual plan is the plan for:
- Two six month plan
  - The condition period
  - The first 6 months only
  - One (1) year.
17. An obstacle course is used to develop:
- Flexibility and agility
  - Strength and flexibility
  - General strength endurance
  - Endurance Speed and Agility
18. A circuit training can include:
- Long intervals
  - Fartlek
  - Skill exercises
  - All endurance activities

20. A warm up session should last at least:

- a. 1 hour
- b. 50 minutes
- c. 15 minutes
- d. 25-30 minutes

21. The cool down process recommended should be:

- a. 10-15 minutes
- b. 5 minutes
- c. 15 minutes
- d. 30 minutes

22. A weight training session should last for:

- a. 15-45 minutes
- b. 20-30 minutes
- c. 30-35 minutes
- d. 50-55 minutes

23. Long runs and jogging are key ingredients in development of:

- a. Strength endurance
- b. Anaerobic activities
- c. Aerobic Endurance
- d. Flexibility

24. The required training day should last for:

- a. 3 ½ - 4 hours
- b. 2 - 2 ½ hours
- c. 5 -6 hours
- d. 4 - 5 hours

25. These are safety rules that should be emphasized in the gym at all times:

- a. Running up and down and drinking
- b. Use of towel and clips for bar bell
- c. Playing and smoking
- d. Eating and lifting

**SECTION B -30mks**

**ANSWER ALL QUESTIONS**

1. What is conditioning? 2mks
2. Define General Conditioning and Specific Conditioning. 4mks
3. List six [6] Components of fitness. 6mks
4. Which energy system should be used to develop cardio respiratory fitness? 2mks
5. List four [4] aerobics activities. 4mks
6. The term “max “ in weight training means. 2mks
7. Briefly explain the term peaking. 2mks
8. Define interval training and give one example. 4mks
9. Name the body types that are involved in athletic training. 2mks
10. List two method of testing fitness 2mks

**SECTION C 45 MARKS**

Answer all questions

- 11 Define circuit training and list the features of a circuit [5mks]
- 12 Develop a six station circuit for strength and flexibility improvement. [10mks]
- 13 What is Periodization? [2mks]
- 14 Define the following:
- a. Micro cycle (2 mks)
  - b. Meso cycle (2 mks)
  - c. Macro cycle (2 mks)
  - d. Volume (2 mks)
  - e. Intensity (2 mks)
  - f. General Preparation Phase (2 mks)
  - g. Transitory Phase (2 mks)
15. Explain what training should be like during the competitive phase. (4 mks)
16. Write on the importance of warm-up and cool down. (10 mks)

**END OF EXAMINATION**

