

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

**ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS**

**MAY 2022 EXAMINATION**

**EXERCISE THERAPY**

**TIME: 2 HOURS**

**YEAR 1**

**Total Marks: 60**

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**Instructions: Answer ALL questions in this Section A and TWO questions from Section B.**

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

**SECTION A**

**Answer all questions in this section**

**Write the responses in the booklet that is provided**

**(30 marks)**

1. Describe the anatomy position. (2 marks)
2. Define the following terms: center of gravity and line of gravity (4 marks)
3. List all the planes of motion found in the body. (3 marks)
4. List two (2) exercises that can be done in all planes. (6 marks)
5. List all classes of levers and give examples of each. (6 marks)
6. What is the difference between each lever? (3 marks)
7. List two (2) actions that can be done at the:  
The knee joint,,  
hip joint  
ankle joint. (6 marks)

**SECTION B (30 marks)**  
**Answer two questions from this section**  
**Write your answer on the sheets provided**

1. a) Define equilibrium in exercise therapy (1marks).  
b) Discuss the importance of postural re-education by giving specific exercises related to postural. (7marks)  
c) Discuss the importance of balance re-education by giving specific exercises related to postural. (7marks)
  
2. Explain Aerobic and anaerobic exercises giving examples for each (5marks)  
b) Give two examples of exercise for each component of fitness  
**agility, balance, speed, power, and coordination**  

(10marks)
  
3. a) Discuss the importance of core stability exercise/s relation to balance and posture  

(5marks)

  
b) Describe **two (2)** core stability exercises. 

(5marks)

  
c) State how you can progress these. 

(5marks)
  
4. Discusses the difference between **posture and balance** and how it can negatively impact an individual when performing an exercise within the Anatomical planes.  

(15marks)

**END OF EXAMINATION**



UNITED STATES DEPARTMENT OF JUSTICE  
FEDERAL BUREAU OF INVESTIGATION  
WASHINGTON, D. C. 20535

TO : DIRECTOR, FBI (100-441100)  
FROM : SAC, NEW YORK (100-100000) (P)  
SUBJECT: [Illegible]

RE: [Illegible]

1. [Illegible]

2. [Illegible]

3. [Illegible]

4. [Illegible]

5. [Illegible]

6. [Illegible]

7. [Illegible]

8. [Illegible]

9. [Illegible]

10. [Illegible]

11. [Illegible]

END OF EXAMINATION