



**ROBERT MUGABE SCHOOL OF HERITAGE AND EDUCATION**

**DEPARTMENT OF SCIENCE AND TECHNICAL EDUCATION**

**BACHELOR OF SCIENCE EDUCATION (HONOURS) SECONDARY IN  
PHYSICAL EDUCATION AND SPORTS SCIENCE IN-SERVICE DEGREE**

**LEVEL 1 SEMESTER 1**

**EXAMINATION QUESTION PAPER**

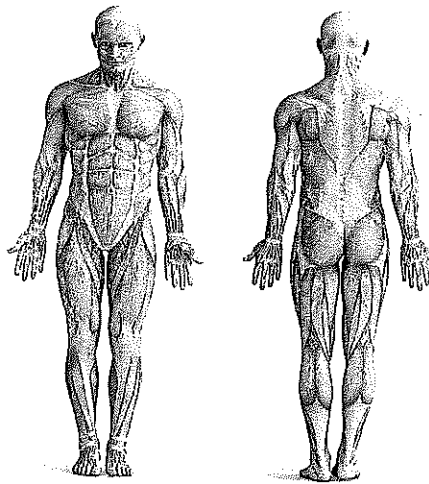
|                         |                                       |
|-------------------------|---------------------------------------|
| <b>MODULE CODE</b>      | <b>CPEP111/CPES111</b>                |
| <b>MODULE NARRATION</b> | <b>INTRODUCTION TO SPORTS SCIENCE</b> |
| <b>DURATION</b>         | <b>3 HOURS</b>                        |

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**INSTRUCTIONS TO CANDIDATES:**

- 1. Answer any THREE questions**
- 2. All questions carry equal marks**

1. i) Compare the three types of muscle fibres and their roles in movement. [18]  
ii) Briefly describe the 3 types of muscles [7]
2. i) Draw the human heart and explain the flow of blood in and out of it during the pulmonary circulation.  
ii) Name the major muscles shown in the diagram below



3. Discuss the seven dimensions of wellness. [25]
4. Analyse the impact of drug abuse in modern day society and sport. [25]  
ii) Summarize the three classes of levers. [10]
5. Define Newton's Three Laws of Motion and provide examples of how each applies to sports

**END OF PAPER**