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University Examinations 2024/2025

**THIRD YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF EDUCATION ARTS**

EPH 3300: AEROBICS, DANCE AND GYMNASTICS (PRACTICAL EXAM)

DATE: JANUARY 2025

TIME: 2 HOURS

INSTRUCTIONS: *Answer All questions*

GYMNASTICS

Execute the following skills

(i)	Crabwalk	(10 marks)
(ii)	Dive forward roll	(10 marks)
(iii)	V balance	(10 marks)

AEROBICS

Execute the following skills

Conduct a three minutes Aerobics session with three Aerobics moves (20 marks)

DANCE

Execute the following skills

Conduct a choreographed Zumba dance for three minutes (20 marks)

NB: TOTAL 70 MARKS CONVERTED TO 40 MARKS