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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