PART 1: Answer all questions

SECTION A

(1)(a) Outline the procedures in goniometry **(5 marks)**

(b) What is the difference between muscle strength and muscle power? **(2 marks)**

© Highlight the limitations of the Oxford Scale (manual method of testing) **(5 marks)**

(d) Assuming the body density of Mr Kunle is 20kg/m^3. Using the Brozek's formular, calculate Mr Kunle's percentage body fat. (**2 marks).**

(e) Mention the anatomical sites for skinfold measurement (**4 marks**)

(f) List four disease- or population-specific quality of life scales **(2 marks).**

SECTION B

1. Which of the following is/are true about the techniques of using a goniometer
   (a) It is necessary that a double notation system is used in goniometry.
   (b) The neutral zero method (0 to 180- degree system) is the most widely used method.
   (c) The same goniometer should always be used to reduce the chances of instrumental error.
   (d) All of the above
   (e) a and c
   (f) b and c
2. Technically speaking, the Oxford Scale (manual method of testing)
   (a) Muscle strength   (b) Muscle power   (c) Muscle endurance (d) All of the above
   (e) All of the above
3. The Oxford Scale (manual method of testing) is also known as ………………………
   …………………………………………………………………..
4. Which of the following untrue about **the Oxford Scale (manual method of testing)?**
   (a) 1=Flicker of movement
   (b) 2=Through full range actively with gravity counterbalanced
   (c) 3=Through full range actively against gravity
   (d) 4=Through full range actively against some resistance
   (e) 5=Through full range actively against strong resistance
   (f) All of the above
   (g) None of the above

5. Mention any quality of life scale developed by the World Health Organization
……………………………………………………………………………………

6. What is the most assessed anthropometric measure?........……………………………

7. What is the unit of body mass index?...

8. How is body mass index
interpreted?..
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9. Whis is the most predictor of health and disease
(a) BMI   (b) Waist circumference   (c) Hip circumference (d) Waist hip ratio

10. How is waist hip ratio interpreted in men and
women?...
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