



NATIONAL OPEN UNIVERSITY OF NIGERIA,
University Village Plot 91, Cadastral Zone,
Nnamdi Azikiwe Express Way Jabi, Abjua
Faculty of Education
Department of Human Kinetics and Health Education
2025_2 EXAMINATIONS.

Course Code: KHE334

Course Title: Sport and Ageing

Credit Unit: 2CR

Time Allowed: 2HOURS

Instruction: Answer question one (1) and any other two (2) questions

1a. Define and explain the concepts of dying and death, focusing on their significance and implications in health and well-being. (10 marks)

1b. Discuss the physical, mental, and social benefits of sports for the aging population, explaining how active participation in sports can enhance the quality of life. (20 marks)

2a. Describe the concept of sport, defining its core principles and the role it plays in promoting health and social interaction. (5 marks)

2b. Discuss different perspectives on the categorization of sports, explaining how sports are classified based on skill level, team dynamics, and competitive nature. (15 marks)

3a. Explain the concept of aging, focusing on common societal impressions of aging and how these perceptions influence health and social engagement. (5 marks)

3b. Describe the steps to effectively manage aging, focusing on strategies such as physical activity, mental wellness, social engagement, and nutrition. (15 marks)

4a. Explain the categories of sports, detailing the classification of sports into individual, team, and dual categories, and their respective characteristics. (10 marks)

4b. Discuss the types of sports, focusing on the differences between recreational, competitive, and extreme sports, and their impact on participants. (10 marks)