



## **JUNE EXAMINATION**

**PROGRAMME** : HUMAN MOVEMENT STUDIES

**MODULE NAME** : EXERCISE SCIENCE

**MODULE CODE** : MBK2A02/HMS2AB2

**DATE** : JUNE 2014

**DURATION** : ONE HOUR

**TOTAL MARKS** : 50

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**MODERATOR** : PROF Y COOPOO

**NUMBER OF PAGES** : THIS PAPER CONSISTS OF TWO (2) PAGES

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### **INSTRUCTIONS TO CANDIDATES:**

**MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.**

**ANSWER ALL THE QUESTIONS.**

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**QUESTION 1**

Distinguish between anabolism and catabolism. Is cellular respiration anabolic or catabolic? (5)

**QUESTION 2**

Discuss the function of the tempo regulating enzymes and their regulation during Carbohydrate metabolism. (12)

**QUESTION 3**

Discuss the usage and regeneration of ATP-PC. (10)

**QUESTION 4**

Name the five (5) physiological reasons for lactic acid production. (5)

**QUESTION 5**

Outline the two primary models that explain delayed onset of muscle soreness (DOMS) according to the Mechanical Traumatic Model. (8)

**QUESTION 6**

Name the ten training principles. (10)

**TOTAL: 50**