UNIVERSITY
OF
JOHANNESBURG

SSA EXAMINATION

PROGRAMME	:	**HUMAN MOVEMENT STUDIES**
MODULE NAME	:	**EXERCISE SCIENCE 2B**
MODULE CODE	:	**EXS 02B2 / MBK 2B01 / MBK 2B02 / HMS 1BA2 / HMS 2BB2**
DATE	:	**JANUARY 2017**
DURATION	:	**TWO (2) HOURS**
TOTAL MARKS	:	**100 MARKS**

EXAMINER	:	**MR A.J.J. LOMBARD**
MODERATOR	:	**PROF Y. COOPOO**
NUMBER OF PAGES	:	**THREE (3) PAGES**

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

SECTION A: CARDIORESPIRATORY EXERCISE SCIENCE

SECTION B: PERIODIZATION

SECTION A: CARDIORESPIRATORY EXERCISE SCIENCE (50 MARKS)

QUESTION 1

Describe the response of the major cardiovascular variables during long-term, moderate to heavy sub maximal aerobic exercise.   (16 X ½ = 8)

QUESTION 2

Discuss the responses of the major cardiovascular variables during static resistance exercise.   (8)

QUESTION 3

Discuss the application of the overload training principle to develop a cardio respiratory training program.   (8)

QUESTION 4

Describe the response of external respiration to short term, light to moderate, sub maximal aerobic exercise.   (10)

QUESTION 5

Discuss male and female respiratory differences during rest and exercise.   (10)

QUESTION 6

Discuss possible pulmonary adaptations as a result of training.   (6)
                                                                        [50]

SECTION B: PERIODIZATION (50 MARKS)

QUESTION 1

Name and briefly explain the five (5) types of strength training according to Bompa and Carrera (2005).   (15)

QUESTION 2

Briefly discuss any four (4) of the six (6) intensity training zones as proposed by Bompa and Carrera (2005)   (8)

QUESTION 3

Discuss your approach to the order of exercises, number of repetitions and sets as well as the rest intervals to be considered when designing a resistance training programme.   (14)

QUESTION 4

Briefly discuss the periodization of a yearly training plan.   (10)

QUESTION 5

Name any three (3) phases of strength periodization.   (3)
                                                                        [50]

TOTAL: 100 MARKS