



NOVEMBER 2016 EXAMINATION

PROGRAMME : SPORT SCIENCE AND BIOKINETICS HONOURS
SUBJECT NAME : EXERCISE PHYSIOLOGY
SUBJECT CODE : HMS 8X08 / SPB 06X7
DATE : NOVEMBER 2016
DURATION : THREE (3) HOURS
TOTAL MARKS : 125 MARKS

EXAMINER : MR A.J.J. LOMBARD, PROF Y. COOPOO
MODERATOR : MR J. CLARK (UP)
NUMBER OF PAGES : TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ANY FIVE (5) QUESTIONS.

QUESTION 1

Discuss the relationship between exercise intensity/duration and the bioenergetics pathways responsible for ATP production during various types of exercise. (25)

QUESTION 2

Discuss the phenomenon EPOC and the possible reasons for its occurrence. (25)

QUESTION 3

Discuss the different types of muscle contraction as well as the possible alterations in skeletal muscle as a result of training. (25)

QUESTION 4

Discuss the proprioceptors responsible for providing the central nervous system with information to maintain muscle tone and perform complex, coordinated movements. (25)

QUESTION 5

Discuss possible cardiovascular responses and adaptations as a result of training. (25)

QUESTION 6

Discuss fuel for exercise under the following headings:

1. Factors influencing fuel choice
2. Fuel intake before and post exercise (25)

TOTAL: 125 MARKS