



SSA JANUARY 2017 EXAMINATION

PROGRAMME : SPORT SCIENCE AND BIOKINETICS HONOURS

MODULE NAME : EXERCISE PHYSIOLOGY

MODULE CODE : HMS 8X08 / SPB 06X7

DATE : JANUARY 2017

DURATION : THREE (3) HOURS

TOTAL MARKS : 125 MARKS

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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 internal mechanisms regulating metabolic pathways involved in bioenergetics. (25)

QUESTION 2

Discuss the main biochemical and mechanical properties of skeletal muscle fibre types and their role in sport performance. (25)

QUESTION 3

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

QUESTION 4

Discuss the endocrine regulation of blood glucose levels during exercise. (25)

QUESTION 5

Discuss physiological responses, performance and acclimatization at altitude. (25)

QUESTION 6

Discuss the advantages and disadvantages of anabolic steroids and human growth hormone on the enhancement of sport performance. (25)

QUESTION 7

Discuss fuel for exercise under the following headings:

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

TOTAL: 125 MARKS