



**NOVEMBER 2016 EXAMINATION**

**PROGRAMME** : BA / BSC SPORT SCIENCE HONOURS

**SUBJECT NAME** : EXERCISE SCIENCE

**SUBJECT CODE** : HMS 8X09 / SPB 07X7

**DATE** : NOVEMBER 2016

**DURATION** : THREE (3) HOURS

**TOTAL MARKS** : 125 MARKS

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**EXAMINER** : MR. A.J.J. LOMBARD, PROF B. SHAW

**MODERATOR** : PROF I. SHAW

**NUMBER OF PAGES** : 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**

Discuss the factors a sports scientist must consider when selecting resistance training exercises. (25)

**QUESTION 2**

Give a critical discussion of the principles for exercise program design and exercise program adherence. (25)

**QUESTION 3**

Discuss the critical aspects to be considered when designing a cardiorespiratory training program (25)

**QUESTION 4**

Give a comprehensive discussion regarding plyometric training as a tool to enhance power output of athletes. (25)

**QUESTION 5**

Give an overview of the periodization concept which plays an important role in the design of training programs. (25)

**TOTAL: 125 MARKS**