



NOVEMBER EXAMINATION

PROGRAMME: HUMAN MOVEMENT STUDIES

MODULE NAME: EXERCISE SCIENCE 2B / HUMAN MOVEMENT STUDIES 2B

MODULE CODE: EXS 02B2 / MBK 2B01 / MBK 2B02

DATE: 27 NOVEMBER 2017

DURATION: TWO (2) HOURS

TOTAL MARKS: 100 MARKS

EXAMINER: MR AJJ LOMBARD

MODERATOR: PROF Y COOPOO

NUMBER OF PAGES: THIS PAPER CONSISTS OF THREE (3) PAGES

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

SECTION 1: CARDIORESPIRATORY [50]

SECTION 2: PERIODIZATION [50]

SECTION 1: CARDIORESPIRATORY

[50]

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 similarities and differences between the sexes in the cardiovascular response to the various classifications of exercise i.e. submaximal exercise to maximum. (16 X ½ = 8)

QUESTION 3

Explain why the magnitude of cardiovascular response is mainly influenced by the intensity of muscular contraction (6)

QUESTION 4

Explain the possible advantages of a warm up and cool down to an athlete. (5)

QUESTION 5

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

QUESTION 6

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

QUESTION 7

Name any three (3) pulmonary adaptations as a result of training. (3)

SECTION 2: PERIODIZATION

[50]

QUESTION 8

Describe the dominant motor or bio motor abilities playing a role in sport performance. (6)

QUESTION 9

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

QUESTION 10

Name and discuss common misconceptions of strength training for endurance sports. (10)

QUESTION 11

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 12

Name the six (6) phases of strength periodization. (6)

QUESTION 13

Discuss the training session plan as the main tool for organizing a daily workout plan. (6)

TOTAL (SECTION 1 AND 2): 100