



## **SUPPLEMENTARY EXAMINATION**

<b><u>PROGRAMME:</u></b>	<b>HUMAN MOVEMENT STUDIES</b>
<b><u>MODULE NAME:</u></b>	<b>EXERCISE SCIENCE 2B/ HUMAN MOVEMENT STUDIES 2B</b>
<b><u>MODULE CODE:</u></b>	<b>EXS 02B2 / MBK 2B01 / MBK 2B02</b>
<b><u>DATE:</u></b>	<b>10 JANUARY 2018</b>
<b><u>DURATION:</u></b>	<b>TWO (2) HOURS</b>
<b><u>TOTAL MARKS:</u></b>	<b>100 MARKS</b>

---

<b><u>EXAMINER:</u></b>	<b>MR AJJ LOMBARD</b>
<b><u>MODERATOR:</u></b>	<b>PROF Y COOPOO</b>
<b><u>NUMBER OF PAGES:</u></b>	<b>THIS PAPER CONSISTS OF THREE (3) PAGES</b>

---

### **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 responses 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)

## **SECTION 2: PERIODIZATION**

**[50]**

### **QUESTION 7**

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

### **QUESTION 8**

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

### **QUESTION 9**

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 10**

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

**QUESTION 11**

Name any three (3) phases of strength periodization. (3)

**TOTAL (SECTION 1 AND 2): 100**