



NOVEMBER EXAMINATION

PROGRAMME: SPORT SCIENCE AND BIOKINETICS HONOURS

MODULE NAME: EXERCISE PHYSIOLOGY

MODULE CODE: HMS 8X08 / SPB 06X7

DATE: 11 NOVEMBER 2017

DURATION: THREE (3) HOURS

TOTAL MARKS: 125 MARKS

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MODERATOR: MR J CLARK (UP)

NUMBER OF PAGES: THIS PAPER CONSISTS OF 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

The development of pedagogical skills for a coach are important for skill development. Explain this statement in the context of coaching didactics. (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