



SUPPLEMENTARY EXAMINATION

PROGRAMME: SPORT SCIENCE AND BIOKINETICS HONOURS

SUBJECT NAME: EXERCISE PHYSIOLOGY

SUBJECT CODE: HMS 8X08 / SPB 06X7

DATE: 11 JANUARY 2018

DURATION: THREE (3) HOURS

TOTAL MARKS: 125 MARKS

EXAMINERS: MR AJJ LOMBARD
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DR H MORRIS-EYTON

MODERATOR: MR J CLARK (UP)

NUMBER OF PAGES: THIS PAPER CONSISTS OF TWO (2) PAPERS

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ANY FIVE (5) THE QUESTIONS.

QUESTION 1

Discuss the relationship between exercise intensity/duration and the bioenergetics pathways responsible for ATP production during various types of exercise. (25)

QUESTION 2

Discuss the phenomenon EPOC and the possible reasons for its occurrence. (25)

QUESTION 3

Discuss the different types of muscle contraction as well as the possible alterations in skeletal muscle as a result of training. (25)

QUESTION 4

Discuss the proprioceptors responsible for providing the central nervous system with information to maintain muscle tone and perform complex, coordinated movements. (25)

QUESTION 5

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

QUESTION 6

Discuss fuel for exercise under the following headings:

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

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