



NOVEMBER EXAMINATION

PROGRAMME: SPORT SCIENCE HONOURS

MODULE NAME: EXERCISE SCIENCE

MODULE CODE: HMS 8X09 / SPB 07X7

DATE: 17 NOVEMBER 2017

DURATION: THREE (3) HOURS

TOTAL MARKS: 125 MARKS

EXAMINERS: MR.A.J.J.LOMBARD
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MODERATOR: PROF I. SHAW

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

Give a detailed discussion on your approach to dynamic resistance training for the development of muscular fitness of male and female athletes. (25)

QUESTION 2

“Flexibility can become an integral part of physical fitness through careful planning of assessment and the designing of relevant exercises”. Discuss this statement. (25)

QUESTION 3

Describe the application of each of the training principles in the development of a cardio-respiratory training programme. (25)

QUESTION 4

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

QUESTION 5

Discuss possible factors related to exercise program adherence. (25)

QUESTION 6

Discuss the long-term planning when designing a program for speed and agility. (25)

TOTAL: 125 MARKS