



<b><u>FACULTY</u></b>	: Health Sciences
<b><u>DEPARTMENT</u></b>	: Sport and Movement Studies
<b><u>CAMPUS</u></b>	: DFC
<b><u>MODULE</u></b>	: Didactics and Exercise Science 2A
<b><u>SEMESTER</u></b>	: First
<b><u>EXAM</u></b>	: Special

<b><u>DATE</u></b>	: August 2019	<b><u>SESSION</u></b>	:08:30- 12:30
<b><u>ASSESSOR(S)</u></b>	: MR AJJ LOMBARD		
<b><u>MODERATOR</u></b>	: DR A GREEN		
<b><u>DURATION</u></b>	: 1 HOUR	<b><u>MARKS</u></b>	: 50

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NUMBER OF PAGES: 2 PAGES

INSTRUCTIONS:

1. Answer ALL THE QUESTIONS.
  2. Number your answers clearly
  3. This is Section 2 of the module
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**QUESTION 1**

Distinguish between anabolism and catabolism. Is cellular respiration anabolic or catabolic? (5)

**QUESTION 2**

Discuss the usage and regeneration of ATP-PC during and after an intermittent sport. (10)

**QUESTION 3**

Describe the five (5) physiological reasons for lactic acid production during high intensity aerobic exercise. (15)

**QUESTION 4**

Outline the two primary models that explain delayed onset of muscle soreness (DOMS). (16)

**QUESTION 5**

Name any two (2) types of muscle contraction. (2)