



(University of Choice)

**MASINDEMULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2021/2022 ACADEMIC YEAR

SECOND YEARESECOND SEMESTER

**EXAMINATIONS FOR THE BACHELORS DEGREE IN
NUTRITIONAL SCIENCE**

COURSE CODE: HSS 200

COURSE TITLE: EXERCISE PHYSIOLOGY

DATE: FRIDAY 22ND APRIL, 2022 TIME: 12.00PM – 2.00PM

INSTRUCTIONS TO CANDIDATES:

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS.

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over



SECTION A (COMPULSORY 30 marks)

1. Describe the response of the following body systems during exercise;
 - i. Cardiovascular system (15mks)
 - ii. Digestive system (15mks)

SECTION B (Answer any Two Questions from this section. Each question consists of 20marks)

2. Explain **TEN** factors to consider when prescribing exercise (20mks)
3. Describe the muscle sliding filament theory. (20mks)
4. Discuss the effects of performance enhancing substances on sports performance (20mks)
5. Expound on the response of the nervous system during exercise (20mks)