



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAMINATION

2022/2023 ACADEMIC YEAR

SECOND YEAR FIRST SEMESTER

**EXAMINATIONS FOR THE DEGREE IN HEALTH PROMOTION
AND SPORT SCIENCE**

COURSE CODE: HSS 205

**COURSE TITLE: ERGOGENIC AIDS AND DRUGS ABUSE
IN RECREATION AND SPORTS**

DATE: TUESDAY, 11TH. APRIL, 2023

TIME: 3.00-5.00 P.M. A.M.

INSTRUCTIONS TO CANDIDATES:

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS.

TIME: 2 Hours



QUESTION ONE

- a) Explain the following concepts
 - i. Recreation (2marks)
 - ii. Ergogenic aids (2marks)
 - iii. Ergolytic aids (2marks)
 - iv. Drug abuse (2marks)
 - v. Sports (2marks)
- b) Explain **FIVE** roles of WADA in curbing doping (10 marks)
- c) Examine five types of psychological ergogenic aids (10 marks)

QUESTION TWO

Discuss **TEN** reasons why athletes use recreational drugs (20marks)

QUESTION THREE

Explain the effect of the following mechanical ergogenic aids

- i. Attitude training (5mks)
- ii. Aqua training (5mks)
- iii. Weights (5mks)
- iv. Treadmills (5mks)

QUESTION FOUR

Explain the effects of the following nutritional ergogenic aids

- i. Carbohydrate (5mks)
- ii. Creatine Monohydrate (5mks)
- iii. Sport drinks
- iv. Caffeine (5mks)

QUESTION FIVE

Examine problems facing sports in world today (20marks)