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(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

**EXAMINATIONS FOR BACHELOR'S DEGREE IN NUTRITION
AND DIETETICS**

COURSE CODE: HSS 200

COURSE TITLE: EXERCISE PHYSIOLOGY

DATE: 20TH.APRIL,2023

TIME: 3.00-5.00 P.M

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



Q1. a) Explain the following terms the following: (10mks)

- i. Exercise (2mks)
- ii. Exercise physiology (2mks)
- iii. Physiological adaptation (2mks)
- iv. Cardiovascular endurance (2mks)
- v. Body composition (2mks)

b) Highlight ten benefits of exercise to a population ((10mks))

c) Describe **FIVE** training principles that may determine exercise response and adaptations (10mks)

Q2. Expound on the acute effects of exercise on the following cardiovascular

Components:

- a) Heart Rate (4mks)
- b) Stroke Volume (4mks)
- c) Cardiac Output (4mks)
- d) Blood (4mks)
- e) Blood Pressure (4mks)

Q3. Explain TEN adaptations that may occur to the respiratory system after engaging in a three months' exercise program(20mks)

Q4. Analyze the influence of the following on exercise performance;

- a) Age (10mks)
- b) Gender (10mks)