PROGRAM : HUMAN MOVEMENT STUDIES

SUBJECT NAME : DIDACTICS AND EXERCISE SCIENCE (PAPER 2)

SUBJECT CODE : DES02A2 / MBK2A02 / HMS2AB2

DATE : 28 MAY 2016

DURATION : ONE (1) HOUR

TOTAL MARKS : 50 MARKS

EXAMINER : MR. A.J.J. LOMBARD

MODERATOR : PROF. Y. COOPOO

NUMBER OF PAGES : TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL QUESTIONS
PAPER ONE IS DIDACTICS (ONLINE EXAM)
PAPER TWO IS EXERCISE SCIENCE (WRITTEN EXAM)
QUESTION 1
Describe how energy production can be regulated by the Cori cycle as an extra cellular mechanism. (7)

QUESTION 2
Briefly discuss male versus female anaerobic characteristics. (6)

QUESTION 3
Describe the five (5) physiological reasons for lactic acid production. (15)

QUESTION 4
Name the 10 training principles. (10)

QUESTION 5
Identify the different types of muscle contraction. (4)

QUESTION 6
Briefly discuss the Local Ischemic Model to explain Delayed Onset of Muscle Soreness (DOMS). (8)

TOTAL: 50