



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTION BASED PROGRAMME

DECEMBER SESSION EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HSS 506: LABORATORY PROCEDURES IN EXERCISE AND SPORTS SCIENCE

DATE: Wednesday 2nd May, 2012

TIME: 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS

Answer any THREE questions. Answer each question in a separate answer booklet.

1. Describe the procedure for administering a graded exercise test. [23½ marks]
2. Analyze the safety procedures to be observed in a human performance laboratory. [23½ marks]
3. Describe the procedure for assessing percent body fat using a skinfold caliper. [23¼ marks]
4. Describe the 12 minute Cooper run-walk test under the following headings:
 - i. Purpose [3½ marks]
 - ii. Facility and equipment [8 marks]
 - iii. Procedures [12 marks]
5. Describe Repetitive Strain Injury (RSI) stages of pain and suggest methods of addressing them. [23½ marks]

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