



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN LEISURE AND SPORT**

SLR 209: AGEING & HUMAN PERFORMANCE

DATE: THURSDAY 5TH APRIL 2012

TIME: 2.00 P.M – 4.00 P.M

INSTRUCTIONS

Answer any THREE (3) Questions. Each Question in a separate booklet.

1. Describe the effects of declining hormones on health and function associated with ageing. [23½ marks]
2. Expound on possible methods of reversing or modulating biological ageing. [23½ marks]
3.
 - a) State any five symptoms of ageing-related Chronic Obstructive Pulmonary disease (COPD) [5 marks]
 - b) Explain the impact of any six lifestyle interventions that can be used to improve the Quality of Life in the ageing population with COPD. [18½ marks]
4.
 - a) Explain the effect of ageing on cardiac function [18½ marks]
 - b) State possible interventions for down-regulating this process. [5 marks]
5.
 - a) Analyse the impact of ageing on joint structure and function in the ageing population. [11½ marks]
 - b) Explain the role of exercise in slowing down this process [12 marks]