



**KENYATTA UNIVERSITY**

**UNIVERSITY EXAMINATIONS 2011/2012**

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR  
OF SCIENCE (SPORTS SCIENCE)**

**SSS 202: HUMAN PHYSIOLOGY II**

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**DATE: MONDAY 2<sup>ND</sup> APRIL 2012**

**TIME: 11.00 A.M. – 1.00 P.M.**

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**INSTRUCTIONS**

Answer question ONE (compulsory) and any other Two questions.

1.    a)    Expound on essential body fat. (10 marks)  
      b)    Distinguish between android and gynoid patterns of body fat distribution. (10 marks)  
      c)    Relate the android pattern of fat distribution to the increased risks of cardiovascular disease, and type-II diabetes. (10 marks)
2.    a)    Describe the organization of the respiratory control centre. (10 marks)  
      b)    Explain Ventilatory changes during the following periods  
          i)    Before exercise (5 marks)  
          ii)   During exercise (5 marks)
3.    Analyze redistribution of blood flow during exercise. (20 marks)
4.    a)    Expound on the mechanism of hormone action; (10 marks)  
      b)    Relate antidiuretic hormone (ADH) and aldosterone hormone to exercise. (10 marks)
5.    Describe the regulation of fat metabolism as energy substrate during exercise. (20 marks)