



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION (PHYSICAL EDUCATION)

SSS 303: NUTRITION AND HUMAN PERFORMANCE

DATE: Thursday, 29th March, 2012

TIME: 2.00 p.m. – 4.00 p.m.

INSTRUCTIONS:

Answer question **ONE** and any other **TWO**.

- Q.1 a) Describe the signs and symptoms of athletes who are at risk and those who suffer from the female athlete TRIAD (14 marks)
- b) Describe the strategies an individual can apply in order to gain weight while still physically active (10 marks)
- c) Using the standard training recommendations for athletes, calculate an athlete's energy intake during a day of training considering that he is 70 kg and consumes 11.8g/kg of carbohydrate per day. (6 marks)
- Q.2 Describe the recommended, baseline and training nutritional plan for marathoners giving the training, pre-event, during event and post event carbohydrate references. (20 marks)
- Q.3 Using an illustration, describe the practical recommendations for fluid intake during exercise (20 marks)
- Q.4 a) Elaborate the driving forces for weight loss by athletes (6 marks)
- b) Expound on the guiding principles for achieving weight loss by an athlete (14 marks)
- Q.5 a) Differentiate between hyponatremia and hypohydration (4 marks)
- b) Describe the key points to consider for rehydration after exercise (8 marks)
- c) Discuss the practical hydration assessments techniques applied in sports nutrition (8 marks)