



**KENYATTA UNIVERSITY**

**UNIVERSITY EXAMINATIONS 2011/2012**

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR  
OF SCIENCE (FOODS, NUTRITION AND DIETETICS)**

**HFN 302 N: NUTRITION AND SPORTS**

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**DATE: WEDNESDAY 28<sup>TH</sup> MARCH 2012      TIME: 8.00 A.M. – 10.00 A.M.**

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**INSTRUCTIONS**

Answer ALL questions in Section A.  
Section B, answer question 7 and any other 1

**SECTION A: Answer ALL questions**

1. Define the following terms as used in sports nutrition
  - a) Carbohydrate loading
  - b) Bonking
  - c) Glycemic response
  - d) Hyponatremia
  - e) Eating disorder(10 marks)
2. Indicate why athletes need more than the minimum amount of daily carbohydrate intake. (2 marks)
3. Explain why too much food/beverage close to the time of exercise is discouraged. (6 marks)
4. Identify the negative effect of too little and too high protein intakes to an athlete. (5 marks)
5. List any 6 types of athletes who are susceptible to eating disorders. (3 marks)
6. Identify any 4 simple methods that an athlete can use on daily basis to monitor hydration status. (4 marks)

**Section B:**

**Answer 2 questions in this section.**

**Question 7 is compulsory (each question is 20 marks)**

7.     a)     Describe the signs and symptoms of athletes who are at risk and those who suffer from the female athlete TRIAD. (14 marks)
- b)     Briefly explain the 3 conditions that make up the female athlete triad. (6 marks)
8.     a)     Describe the strategies that an athlete can apply to gain weight while still physically active. (10 marks)
- b)     Explain the role of vitamins in energy provision for the athlete. What would a deficiency result to? (6 marks)
- c)     List any 4 post exercise goals for fluid intake. (4 marks)
9.     a)     Identify and discuss 4 factors/goals that will dictate an athlete's choice of carbohydrate foods before exercise. (10 marks)
- b)     Indicate why calcium intake is critical for athletes. (4 marks)
- c)     Explain why a high vitamin E intake is recommended for endurance athletes. (6 marks)