



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOODS, NUTRITION AND DIETETICS

HFN 423: NUTRITION AND SPORTS

DATE: WEDNESDAY 30TH DECEMBER 2009

TIME: 11.00 A.M. – 1.00 P.M.

INSTRUCTIONS

Answer question One and any other Two.

- Q.1 a) Describe the complications related to Anorexia Nervosa and bulimia nervosa. (10 marks)
- b) Describe the practical guidelines for pre-competition meals. (10 marks)
- c) Elaborate the negative effects of Carbohydrate intake. (10 marks)
- Q.2 a) Describe the driving forces for weight loss by athletes. (6 marks)
- b) Describe the guidelines for achieving weight loss by an athlete. (14 marks)
- Q.3 With the aid of a diagram the effects of dehydration and hyperthermia on endurance performance at different temperatures. (20 marks)
- Q.4 a) Discuss extreme leanness among athletes. (8 marks)
- b) Describe Twelve methods used for body composition determination. (12 marks)
- Q.5 a) Differentiate between dehydration and hypohydration. (4 marks)
- b) Describe four functions of water in the body. (4 marks)
- c) Discuss the factors that affect fluid needs during exercise. (12 marks)