



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE (FOODS AND NUTRITION)

HFN 512: ADVANCED NUTRITION AND SPORTS

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DATE: FRIDAY 1ST APRIL 2011

TIME: 9.00 A.M. - 12.00 NOON

INSTRUCTIONS

Answer question One and any other Two.

- Q.1 a) Describe the distinct types of muscle fibres and the steps involved in muscle contraction. (14 marks)
- b) Analyze the following groups of muscles
1. Skeletal muscles (2 marks)
 2. Smooth muscles (2 marks)
 3. Cardiac muscles (2 marks)
- Q.2 Discuss the ideal nutritional plan for cyclists giving the training, pre-event, during-event and post event carbohydrate recommendations. (20 marks)
- Q.3 With the aid of a diagram, discuss the practical recommendations for water intake during exercise. (20 marks)
- Q.4 a) Describe the components of the female athlete TRIAD. (10 marks)
- b) Analyze the situations in which an athlete can to consider the use of dietary supplements. (10 marks)
- Q.5 a) Discuss the factors that affect fluid after during exercise. (10 marks)
- b) Reducing the fat intake is an effective weight loss strategy. Discuss. (10 marks)