



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTIONAL BASED PROGRAMME (IBP) – DECEMBER SESSION
EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE (LEISURE AND
RECREATION MANAGEMENT AND PHYSICAL AND HEALTH EDUCATION)

HLR 500: PHYSIOLOGY OF EXERCISE

DATE: Wednesday 2nd May 2012

TIME: 2.00p.m – 5.00p.m

INSTRUCTIONS:

Answer **THREE** Questions, each question a separate booklet.

- Q.1) (a) Describe the occurrence of hypoxia at high altitude. (5 marks)
- (b) Analyze the physiological changes that result during acclimatization to altitude. (18 1/3 marks)
- Q.2) (a) Expound on hyperbaric oxygenation. (8 marks)
- (b) Relate Dalton's Law to gaseous exchange during exercise. (15 1/3 marks)
- Q.3) Explain the following environmental related conditions that may be suffered by deep sea diver.
- (i) The bends. (12 marks)
- (ii) Spontaneous pneumothorax. (11 1/3 marks)

Q.4) (a) Account for hydrogen ions production during exercise.

(b) (i) Explain the effects of high intramuscular hydrogen ion concentration on exercise performance.

(ii) Explain the role of the kidneys in acid base balance during exercise.

Q.5) Describe the process of muscular contraction.

(23 1/3)

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