



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTE OF OPEN LEARNING (IOL)

EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HSS 503: ERGOGENIC AIDS AND HUMAN PERFORMANCE

DATE: Wednesday, 2nd February, 2011

TIME: 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS:

Answer any **THREE** questions. Answer each question in a separate answer booklet.

1. Describe carbohydrate loading and high altitude training as may be used by athletes in readiness for 2012 London City Olympic games. (23½ marks)
2. Discuss water and sports drinks as ergogenic aids (23½ marks)
3. As the Kenyan Doping Control Officer (DCO) describe the doping control procedure you would conduct among athletes in your country. (23½ marks)
4. Describe the effects of using anabolic steroid on health (23½ marks)
5. As the team Exercise physiologist, suggest various tips would you give your athletes who would like to use Supplements? (23½ marks)