



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE (EXERCISE

RECREATION AND SPORTS SCIENCE)

HSS 505: ENDOCRINOLOGICAL ASPECTS OF EXERCISE

DATE: WEDNESDAY, 6TH APRIL 2011

TIME: 2.00 P.M. - 5.00 P.M.

INSTRUCTIONS: Answer Question ONE and Any Other TWO Questions.

1. Describe the short term and long-term effects of exercise on the endocrine system.
(30 marks)
2. Elaborate on the effects of endurance training on the hormones of
 - (a) Adrenal gland (10 marks)
 - (b) Pituitary gland (10 marks)
3. Explain the physiological role of the gonadal hormones in human performance. (20 marks)
4. Describe the interaction of exercise and hormones controlling blood glucose under the following headings
 - (a) hormone secretion (6 marks)
 - (b) hormone physiological effects (10 marks)
5. Expound on hormonal control of plasma calcium levels. (20 marks)