



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF
SCIENCE IN EXERCISE AND SPORTS

HSS 506: LABORATORY PROCEDURES IN EXERCISE AND SPORTS
SCIENCE

DATE: Monday, 28th March, 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 the procedure for administering a graded exercise test (23 $\frac{1}{3}$ marks)
2. Analyze the safety procedures to be observed in a human performance laboratory (23 $\frac{1}{3}$ marks)
3. Describe the procedure for assessing percent body fat using a skinfold caliper (23 $\frac{1}{3}$ marks)
4. Describe the 12 minute Cooper run-walk test (23 $\frac{1}{3}$ marks)
5. Describe Repetitive Strain Injury (RSI), stages of pain and suggest methods of addressing them (23 $\frac{1}{3}$ marks)