KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HSS 508: EXERCISE IN CHRONIC AND VASCULAR DISEASE

DATE: Friday 1st April, 2011 **TIME:** 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS

Answer Q1 and any other TWO questions in separate answer booklets.

1. a) Describe the following two revascularisation technics: Coronary Artery Bypass Graft (C.A.B.G) or Percutaneous Transluminal Angiolpasty (P.T.C.A). [10 marks]

   b) Expound on the aims of C.A.B.G and P.T.C.A and their effect on exercise response. [20 marks]

2. a) Analyse the multiple causative factors of the increasing incidence of hypertension in Sub Sahara Africa. [10 marks]

   b) Outline the benefits of exercise in hypertensive individuals. [10 marks]

3. a) List any four consequences of renal failure. [4 marks]

   b) Analyse the modes of exercise appropriate for individuals with End-Stage Renal Disease (ESRD) and their goals. [16 marks]

4. Explain the aims of an exercise program and special considerations required when designing an exercise rehabilitation program for individuals with COPD. [20 marks]

5. Rationalise methods used in exercise testing of individuals with Arthritis and the special considerations that should be taken into account. [20 marks]

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