



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTION BASED PROGRAMME

DECEMBER SESSION EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HSS 508: EXERCISE IN CHRONIC AND VASCULAR DISEASE

DATE: Thursday 3rd May, 2012

TIME: 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS

Answer any 3 questions each in a separate booklet.

1. a) Explain four possible causative factors for hypertension in Sub-Sahara Africa.
[10 marks]
 b) Describe the role of exercise in the management of hypertension. [13½ marks]
2. a) Describe any five hallmarks of metabolic syndrome X also known as Insulin Resistance Syndrome.
[17½ marks]
 b) Explain the relevance of exercise in addressing any three of the above hallmarks.
[6 marks]
3. Explain special considerations that should be taken when exercising individuals with atrial fibrillation.
[23½ marks]
4. Explain the goals of exercise therapy in patients with cancer. [23½ marks]
5. Analyse the physiological changes caused by ageing and their effects on exercise.
[23½ marks]

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