



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE

SSS 401: ERGOGENIC AIDS IN SPORTS AND EXERCISE

DATE: Monday 28th December, 2009

TIME: 2.00 p.m. – 4.00 p.m.

INSTRUCTIONS

Answer question 1 and any two (2) others.

1. Discuss ergogenic aids in relation to rationale for use and ethical considerations.
[30 marks]
2. Explain any three methods of screening and/or confirmation for use of prohibited pharmacological ergogenic aids.
[20 marks]
3. Describe the process of carbohydrate loading and outline the benefits and potential risks to athletes.
[20 marks]
4. Explain how fluid intake and sports drinks can enhance performance in sports and exercise, and outline precautions for the same.
[20 marks]
5. Caster Semenya won 800m women's event at 2009 World Athletics Championship in Berlin Germany. Her victory became controversial when she was declared as having cross gender characteristics. Discuss whether having cross gender characteristics is an ergogenic aid and the ethical issues concerning Caster Semenya's debacle.
[20 marks]

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