

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

FIRST YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE IN SPORTS SCIENCE AND
MANAGEMENT

SPSM 111: FOUNDATION OF SPORTS SCIENCE

STREAM: *B.A*

TIME: *2 HRS*

DAY: *FRIDAY [8.30-10.30 A.M]*

DATE: *19/04/2024*

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



Instructions**Answer question one and two other Questions****QUESTION 1**

- a) In the basic principles of Exercise Physiology, the body responds differently to different principles. Define the following principles:
- i) Homeostasis
 - ii) Overload
 - iii) Reversibility
- (6 Marks)**
- b) Fats are primarily used as fuel during low to moderate intensity exercise. Differentiate between ‘Saturated fats’ and ‘Unsaturated fats’.
- (4 Marks)**
- c) Increase in monetary value of sports performance has led to a dark side of sports. List and explain any five (5) areas that depict the dark side of sports that have emerged due to high stakes in sports performance.
- (10 Marks)**
- d) The field of sports is faced with several challenges which impede effective performance. List any five (5) of the challenges and explain how they affect sports performance.
- (10 Marks)**

QUESTION 2

- a) One of the basic considerations for motor-learning is ‘strength’. There are three (3) types of strength in motor-learning. Giving examples, state and explain the three (3) types of ‘strength’.
- (10 Marks)**
- b) The field of sports is faced with several challenges which impede effective performance. List any five (5) of the challenges and explain how they affect sports performance.
- (10 Marks)**

QUESTION 3

- a) There are six (6) key social dimensions and roles that sports play in the society. State and expound on any five (5) social dimensions and roles showing their importance to the society.
- (15 Marks)**
- b) There are several goals of sports physiology. List five (5) of them.
- (5 Marks)**

QUESTION 4

- a) a). Differentiate between nutrition and diet, indicating the importance of each to an athlete.
- (10 Marks)**
- b) The field of sports science offers several career opportunities. Indicate any five (5) career opportunities, explaining the practical work that such a person will be required to perform in each.
- (10 Marks)**

