

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 124: NUTRITION AND SPORTS

STREAM:

TIME: 2 HRS

DAY: THURSDAY [11.30-1.30 P.M]

DATE: 18/04/2024

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



INSTRUCTIONS.

**QUESTION ONE IS COMPULSORY
ANSWER ANY OTHER TWO QUESTIONS**

QUESTION ONE

- a) Define the term nutrition (3mks)
- b) Define the term nutrients (3mks)
- c) Define the term Sports nutrition (4mks)
- d) Discuss the importance of Sports nutrition (10mks)
- e) Discuss key components of Sports nutrition (10mks)

QUESTION TWO

- a) Discuss factors contributing to weight loss (10mks)
- b) Discuss factors contributing to weight gain (10mks)

QUESTION THREE

- a) Discuss factor contributing to obesity (10mks)
- b) Discuss ways to control obesity (10mks)

QUESTION FOUR

- a) Discuss general guidelines for designing Pre-event meal for an athlete (10mks)
- b) Discuss key guidelines for designing Post-event meal for an athlete (10mks)

QUESTION FIVE

- a) Discuss types of eating disorders (10mks)
- b) Discuss ways eating disorders affect athlete's performance (10mks)

