

## **WARNING**

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Family Name					
Given Name/s					
Student Number					
Teaching Period	Semester 1, 2019				

<b>SPE309 – Exercise Physiology 2</b>	<b>DURATION</b>	
	Reading Time:	<b>10 minutes</b>
	Writing Time:	<b>120 minutes</b>
<b>INSTRUCTIONS TO CANDIDATES</b>		
<p>The examination has two sections.</p> <p>Section A:                    20 marks - Marks for each question are of equal value                  Suggested Time:            60 mins                  Multiple Choice Questions:    Answer ALL 40 questions.</p> <p>Section B:                    30 marks- Marks for each question are not of equal value                  Suggested Time:            60 mins                  Essay Questions:            Answer ALL 6 questions</p> <p>Total marks for this examination: 50</p>		
<b>EXAM CONDITIONS</b>		
<p><b><u>You may begin writing from the commencement of the examination session.</u></b> The reading time indicated above is provided as a guide only.</p>		
This is a CLOSED BOOK examination		
No calculators are permitted		
No handwritten notes are permitted		
No dictionaries are permitted		
<b>ADDITIONAL AUTHORISED MATERIALS</b>	<b>EXAMINATION MATERIALS TO BE SUPPLIED</b>	
No additional printed material is permitted	College Multiple Choice Answer Sheet	

**THIS EXAMINATION IS PRINTED  
DOUBLE-SIDED.**

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LEFT BLANK.**

**Section A**  
**Multiple Choice Questions**  
**Total No of Marks for this Section: 20**

This section should be answered on the Answer Sheet provided. Please ensure that your name and student number have been written on the Answer sheet and placed in the completed Answer Booklet.

Marks for each question are indicated. Suggested time allocation for Section A: 60 mins

## Section B

### Essay Questions

**Total Number of Marks for this Section: 30**

This section should be answered in the examination paper.

Marks for each question are indicated. Suggested time allocation for Section C: 60 mins

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#### Question 1

List and explain five physiological adjustments to heat acclimatization.

(Marks: 5)

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**Question 3**

- a) What is a motor unit?
- b) Explain two mechanisms for gradation of force.
- c) Explain the structure and roles of muscle spindles.

(Marks: 6)

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**Question 4**

To prepare for Tour De France, an Australian cyclist would like to attend a training camp in Lukla, a mountain near mount Everest standing 2860m high. You are invited to assist him to decide whether if this is a good decision and would improve his performance. Would you recommend him to attend the training camp? List and explain four reasons for your recommendation.

(Marks: 4)

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**Question 5**

Answer the following questions regarding changes with aging.

- a) Describe the changes in muscular system with aging.
- b) Explain changes that occurs in hormonal system.
- c) List and explain changes in cardiovascular system.

(Marks: 4)

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**Question 6**

- a) List and explain the origin and the role of hormones that regulate blood glucose.
- b) Different types of diabetes an List and explain d the risk factors associated with each.

(Marks: 5)

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