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Family Name	
Given Names	
Student Number	
Teaching Period	Semester 1, 2017

FINAL EXAMINATION	DURATION				
SPE309 – Exercise Physiology 2	<table border="1"> <tr> <td>Reading Time:</td> <td>10 minutes</td> </tr> <tr> <td>Writing Time:</td> <td>120 minutes</td> </tr> </table>	Reading Time:	10 minutes	Writing Time:	120 minutes
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INSTRUCTIONS TO CANDIDATES

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

No calculators are permitted

No handwritten notes are permitted

No dictionaries are permitted

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	Faculty/School Multiple Choice Answer Sheet

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

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Section B
Short Answer Questions
Total No of Marks for this section: 12

Questions in section B should be answered in spaces provided.

Marks for each question are indicated. Questions are NOT of equal values.
Suggested Time allocation for Section B: 20 minutes

Question 1

What are four exercise training principles?

(Marks: 1)

Question 2

What are the effects of endurance training on stroke volume, heart rate, ESV and EDV?

(Marks: 1)

Question 3

Explain how blood doping may improve athletic performance.

(Marks: 1)

Question 4

List four methods of heat loss?

(Marks: 1)

Question 5

How would FFM and FM change as a result of exposure to zero gravity and why?

(Marks: 1)

Question 6

Explain two cardiovascular adaptations to exercise in hot and humid environment.

(Marks: 1)

Question 7

What are the effects of altitude on training intensity and why?

(Marks: 1)

Question 8

What is the response of cardiac output to aging and why?

(Marks: 1)

Question 9

What are the effects of Epinephrine and Norepinephrine on liver, muscle and adipose tissue?

(Marks: 1)

Question 10

Name two methods for monitoring training intensity.

(Marks: 1)

Question 11

Name four side effects of Anabolic Steroid use.

(Marks: 1)

Question 12

What are the main four variables when designing a training program?

(Marks: 1)

End of section B

Section C
Short Essay Questions
Total Number of Marks for this section: 18

Questions in section C should be answered in spaces provided.

Marks for each question are indicated. Suggested Time allocation for Section C: 60 minutes

Question 1

List and explain the three physiologic adaptations to resistance training.

(Marks: 3)

Question 2

Describe how Golgi tendon located and how they operate to reduce the risk of injury.

(Marks: 3)

Question 3

What are short term responses of cardiovascular system to exposure to altitude hypoxia?

(Marks: 3)

Question 4

Explain the phenomenon known as “Nitrogen Narcosis” and describe potential dangers and how it should be treated.

(Marks: 3)

Question 5

Explain mechanisms responsible for DOMS and explain how delayed onset muscle soreness could be prevented.

(Marks: 3)

Question 6

Explain in details the different stages of an annual training program.

(Marks: 3)

End of section C