

**UNIVERSITY OF BOLTON**

**SPORT AND BIOLOGICAL SCIENCES**

**SPORT AND EXERCISE SCIENCE PATHWAY**

**SEMESTER ONE EXAMINATIONS 2018/2019**

**INTRODUCTION TO THE PERFORMING ATHLETE**

**MODULE NO: SPS4005**

Date: Wednesday 16 January 2019

Time: 2.00 pm – 4.00 pm

**INSTRUCTIONS TO CANDIDATES:**

There are 6 questions on this paper.

Answer FIVE questions.

All questions carry 10  
marks.

School of Sport & Biological Sciences  
Sport and Exercise Science Pathway  
Semester One Examination 2018/2019  
Introduction to the performing athlete  
Module No. SPS4005

Answer FIVE questions

1. Using a sport of your own choice outline the physiological demands that would be placed on a participant. Explain how the participant would respond to meet these demands.
2. What are the key components of an effective warm-up? Give an example of a suitable activity for each component of a warm up for a sport of your own choice. Explain what physiological purpose each component serves and how it may contribute to enhanced performance.
3. Compare and contrast a predominantly aerobic exercise with an anaerobic exercise, with respect to the acute metabolic responses to each activity.
4. Detail a variety of different recovery strategies that can be used in sport.
5. Compare and contrast a typical diet for a strength and power athlete, and an endurance athlete.
6. Detail a variety of methods you could use to assess body composition.

END OF QUESTIONS