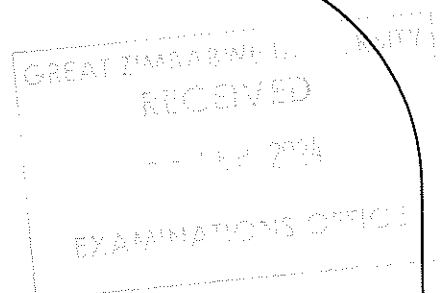


EXAMINATION 2



**ROBERT MUGABE SCHOOL OF HERITAGE
AND EDUCATION STUDIES**

DEPARTMENT OF SCIENCE AND TECHNICAL EDUCATION

**BACHELOR OF EDUCATION SECONDARY PRE-SERVICE
HONOURS DEGREE**

LEVEL 4 SEMESTER 1

EXAMINATION QUESTION PAPER

MODULE CODE	TDSA 412
MODULE NARRATION	SPORTS NUTRITION
DATE	2024
DURATION	3 HOURS

INSTRUCTIONS TO CANDIDATES:

- 1. Answer any THREE questions**
- 2 All questions carry equal marks**

1. Discuss the implications of eating disorders for athletes and suggest how you can remedy these problems [25]
2. Examine the need for the following elements in athletes' sport diet:
 - [a] Carbohydrates [5]
 - [b] Proteins [5]
 - [c] Vitamins [5]
 - [d] Fats [5]
 - [e] Water [5]
3. Assess how aerobic and anaerobic pathways impact on athletic performance in sport.
Cite sport examples to justify your arguments [25]
4. Examine the implications of dehydration on athletic performance outputs [25]
5. Show how you can apply any one of the following energy systems in sport. Cite sport examples:
 - [a] The Creatine Phosphate Energy System
 - [b] The Oxidative Phosphorylation Energy System
 - [c] The Anaerobic Glycolysis Energy System [25]

END OF PAPER