

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

PROGRAMME: BACHELOR OF SCIENCE HONORS DEGREE IN SPORTS SCIENCE AND
MANAGEMENT

COURSE CODE 212 (1): NUTRITION AND METABOLISM IN SPORT

DURATION: 3 hours

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

 OCT 2023

Answer two questions from section A and two questions from section B.

Section A

1.
 - i. Explain why it is important for athletes to stay hydrated . (10 Marks)
 - ii. Discuss the effect of electrolytes in athlete's performance. (10marks)
2.
 - i. Describe the differences between saturated, unsaturated and trans-fat (6 marks)
 - ii. Discuss the effects of fat intake on athletes. (12Marks)
3.
 - i. Describe the role of carbohydrates in an athlete's body. (8 Marks)
 - ii. Discuss the effects of fat intake in an athletes body. (12Marks)

Section B

4.
 - i. Discuss the different strategies to prevent eating and exercise disorders among these athletes. (20 Marks)
 - ii. Develop two effective approaches to confront athletes with suspected eating and exercise disorders. (10 Marks)
 5. Fitness instructors asked a sports nutritionist to provide information which clients can use for reference on the effects of diet on performance in sport and exercise.
- Task: Discuss the effects of diet on performance in physical activity. (30 Marks)

6. You are working as a sports nutritionist. A professional cycling team in Zimbabwe has contacted you to provide the cyclists with dietary advice before, during and after an endurance event spread over 3 days. The event includes full day (non-stop) cycling events and rest periods in the evenings and will take place in a hot and humid climate.

Task : Describe, providing full rationale, what dietary recommendations you would make to athletes before competition and during the competition. (30 Marks)

END OF PAPER