

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: SPORTS SCIENCE
MASTER OF SCIENCE DEGREE IN SPORTS AND SCIENCE
SS505 NUTRITION FOR EXERCISE HEALTH

DURATION: 3 HOURS **TOTAL MARKS: 100**
(Plus 15 Minutes for Practical Preparation/Case Reading)

INSTRUCTIONS TO CANDIDATES

Section A is **compulsory**.

Answer **three** questions from Section B.

SP JUN 2023

Section A

Bekezela, a 36-year-old, 1.75m, and 90 kgs, professional firefighter reported to his physician complaining of chest discomfort after participating in the fire department's annual physical fitness assessment. Bekezela was unable to complete the run portion of the test resulting in a fitness requirement failure. Additionally, Bekezela measured 3 percent over the body fat limit necessitating that he lose weight in order to be able to continue his job safely and effectively. Above that, he had high Bp and cholesterol, poor eating habits, and infrequent exercising habits. As a result, he has been referred to a sports dietician.

Task:

As a sports dietician, what measures you would employ to assist Bekezela?

(40 marks)

Section B

2. As a dietician you have been tasked to take care of a team of marathon runners' diet needs in preparation for an upcoming competition.

Task:

What practical advice regarding food choices would you give to this group of athletes to enhance sports performance and recovery?

(20 marks)

3. Getrude, a 20-year-old collegiate softball player practices twice a day and drinks a lot of water throughout the day and during practices. She complains to the dietician about headaches and says she sometimes skips meals.

Task:

Having assessed the nutritional deficiencies of Getrude, provide evidence-based nutrition and health guidance for her. (20 marks)

4. A soccer player is required to be on the field for 45min in each half (90min per game) making it difficult for a player to access the necessary amount of fluids to maintain his hydration.

Task:

What recommendations would you suggest for this soccer player to prevent dehydration? (20 marks)

5. Tatenda is a competitive gymnast who has been training for a major competition. He has been told to lose weight if he is to compete in his category.

Task:

What nutrition weight management strategies would you use to make sure that he loses excess weight in time for the competition? (20 marks)

6. Susan a female volleyball player presents to the sports dietician complaining of early-onset of fatigue. On further investigation, the dietician discovers that she fears weight gain and has been diluting her energy drink with water.

Task:

As a sports dietician how would you help Susan in this case? (20 marks)

END OF PAPER