Exercise Physiology Questions

1. **Describe how an athlete would make use of the principles of training when designing a training programme aimed at delaying OBLA.**

**(5marks)**

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**2. An ergogenic aid is any substance that enhances performance. Discuss the following as aids to enhancing performance**

**- The use of dietary manipulation**

**- Pre competition meals**

**- Post competition meals (6 marks)**

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**6. What are the benefits of suing Periodisation when designing a training programme?**

**(2 marks)**

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**8. Define Aerobic Capacity and list the factors that affect a performer’s VO2 Max**

**(5 marks)**

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**9. Outline a training programme designed to improve the aerobic capacity of a performer? (2 marks)**

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**10. Identify one illegal aid that might be used to enhance Vo2 max and describe the associated risks to a performer health**

**(3 marks)**

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**12. Define interval training and identify the advantages of this type of training?**

**(2 marks)**

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**18. Identify and define the type of strength most relevant to a 100m sprinter.**

**(4 marks)**

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**21. Discuss the effects of level of aerobic fitness, availability of oxygen and food fuels on the efficiency of the aerobic energy system**

**(5 marks)**

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**28. Discuss the advantages and disadvantages of these types of training, Continuous, Fartlek. (4 marks)**

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