SUMMER EXAMINATIONS 2015

SPO301715N

MODULE TITLE
Contemporary Issues in Sports Physiology

LEVEL
Six

TIME ALLOWED
Two hours

Instructions to students:

- Enter your student number not your name on all answer booklets.
- Answer TWO of the four questions.
- All questions are equally weighted.
- Begin each answer in a separate booklet; label each booklet clearly with the number of the question you are answering.
- The same material should not constitute a substantial part of more than one question.
- Neither books nor notes may be taken into the examination.
- You may not remove this examination paper from the examination room. For all purposes the examination paper remains the property of The University of Northampton.

| No. of Pages | 2 |
| No. of Questions | 4 |

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ANSWER TWO OF THE FOLLOWING QUESTIONS

1. Prior to the World Rowing Championships in Korea the British team spent time at an acclimatisation training camp. With reference to current research evaluate the thermoregulatory response to competing in such a hot and humid environment and critically discuss the suggested benefits of the training camp.

2. The Female Athlete Triad (FAT) is an interrelationship between three distinct conditions. Identify and evaluate the suggested links between the three components of the triad. Then using current research critically discuss the suggestion that the original definition of the FAT was too narrow.

3. British athletes spend a considerable period of time training at altitude in an attempt to enhance sea level performance. Critically discuss the optimal altitude for this type of training. Then, with the use of research evidence, evaluate the physiological adaptations that occur at this altitude and how they may affect performance.

4. It has been suggested that there is a link between Overtraining Syndrome (OTS) and decreased levels of plasma glutamine. Critically analyse the possible mechanisms that may cause this reduction in plasma glutamine levels and the associated implications on Overtraining Syndrome. Then with reference to the appropriate research discuss the suggestion that the original definition of OTS may have been too ridged.

END OF PAPER