Summer Examinations 2016

SPO301716N

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 books.
- Answer **two** out of **four** questions.
- All questions are equally weighted.
- Begin each question in a separate answer book; label each answer book 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.
- Students are **not** permitted to 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
Answer **two** out of **four** questions.

**Question 1.**

Research indicates that training at high altitude may enhance athletic performance at altitude. Critically discuss the physiological problems associated with training and performance at altitude. Then evaluate the chronic physiological adaptations associated with barometric pressures below 550 mmHg during a prolonged period of training and how they may affect performance.

**Question 2.**

In sports which require a large aerobic component women tend to be outperformed by men. Critically discuss the physiological basis of this observation and support your answer with reference to current research. Then evaluate the possibility that through training women could close the gap on men.

**Question 3.**

It has been suggested that the problem with detecting or the diagnosis of Overtraining Syndrome may be due in part to the non-sport specificity of the associated signs and symptoms. Review the potential causes and signs and symptoms associated with Overtraining Syndrome. Then, given the availability of resources and with the support of current research, evaluate the recommended strategy for monitoring overtraining syndrome.

**Question 4.**

The British Olympic team will spend a number of weeks prior to the Rio Olympic Games at an acclimatisation training camp. With reference to current research evaluate the thermoregulatory response to training in such an environment. Then critically discuss the suggested benefits of the training camp.