Examination Period 3: 2016/17

SPO301717N

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 Examination of Northampton.

| No. of Pages | 2 |
| No. of Questions | 4 |
Answer **two** out of **four** questions

1. British rowing 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.

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. 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.

4. It has been suggested that there is a relationship between a sedentary lifestyle, one that is moderately active or one in which the individual is considered to be highly active, and the immune system. With reference to the underpinning physiology and specific research critically discuss this relationship and the physiological mechanisms associated with altered immune function.

End of Paper