Examination Period 3: 2017/18

SPO301718N

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.

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Answer **two** out of **four** questions.

1. In sports which require a large aerobic component women tend to be outperformed by men. However, in sports such as long distance triathlons women are starting to outperform some of the elite male counterparts. Critically discuss the physiological basis of these observations and support your answer with reference to current research. Then evaluate the possibility that through training women could close the gap even further.

2. Prior to the Commonwealth Games on the Gold Cost in Australia the British teams spent time at acclimatisation training camps. 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 heat acclimatisation.

3. Living at high altitude and training at low altitude is considered to be the optimal intervention to enhance endurance performance at sea level. Critically discuss the physiological arguments surrounding this theory. Then with reference to current research evaluate the chronic physiological adaptations associated with type of training.

4. Overtraining syndrome (OTS) is suggested to be caused by an imbalance of high intensity training and recovery. Critically discuss why continued high intensity training without adequate recovery can cause athletes to suffer from OTS. Then, with the use of current research, evaluate the role plasma glutamine may have in the cause of OTS.