



University of Fort Hare  
*Together in Excellence*

HUS - 223

**DEGREE EXAMINATIONS**

**NOVEMBER 2012**

TIME: 3 HRS

SUBJECT: HUMAN MOVEMENT SCIENCE

MARKS: 100

PAPER: Nutrition and Sport Injuries

**INTERNAL EXAMINERS**

**MR. LK. Ndaba**

DR. P. Lyoka

**INSTRUCTIONS:**

**Answer All Questions**

Exercise and Sports is highly dependent on nutrition and athletes depend much on nutrition in many ways. It can be nutrition to supplement their deficiencies for injury prevention and rehabilitation or to boost their performance.

### **Question 1**

Discuss the common nutritional causes of running injuries that could affect athletes.

20 Marks

### **Question 2**

Most athletes use ergogenic aids, some banned and some legal but to a certain extent. Explain the differences to a well-known rugby team in using ergogenic aids.

2X10=20 Marks

### **Question 3**

Athletes are, from time to time exposed to different types of injuries at play and during preparation. These injuries come as a result of different causes. Identify difference between acute and chronic sport injuries and give their Nutritional causes.

2X10=20 Marks

### **Question 4**

Once injured, athletes, together with their coaches and trainers typically turn to traditionalise treatment as their first intervention; whereas nutritional intervention plays an important role on injury intervention. Discuss the role played by nutritional interventions following a heritage rugby tournament full of injuries played at University of Fort Hare in the past year.

20 Marks

### **Question 5**

(a) Discuss principles of injury prevention. 10 marks

(b) Discuss principles of injury rehabilitation. 10 marks

20 marks