

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC4104

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMMES

SSC4104: NUTRITION AND SPORTS NUTRITION

SPECIAL EXAMINATION QUESTION PAPER

MARCH 2025

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: MRS S H RUTSATE

INSTRUCTIONS

- 1) Answer any 4 questions.
- 2) Each question carries 25 marks.
- 3) Where a question contains subdivisions, the mark value for each subdivision is given in brackets.

MARK ALLOCATION

QUESTION	MARKS
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
TOTAL	100

1. Explain the implications of Protein Structural arrangements and their functional Roles to the Sport Person. (25 Marks)

2. Using examples to illustrate your answer explain why macronutrients and micronutrients are required by athletes.

(25 Marks)

3. Develop a nutrition plan for a soccer player training for 5 days a week. Your answer must show the highlights of this plan and an explanation.

(25 Marks)

4. Joshua (weight 70kg and height 1.8m) and Sijabulile (weight 80 kg and 1.9m) train 5 days a week under the athletics coach for their 100m and 200 m sprints. Everyday these athletes are given daily 120 grams of protein food, 500g sadza, 20grams of fat, 150 g vegetables and 20 g of a banana.

a) Analyse the above scenario and explain if what is happening is adequate or not

(18 Marks)

b) What advice would you give to the coach on the nutrition of these two athletes?

(7 Marks)

5. Explain how and why a sport nutritionist would consider a diet with essential amino acids for their athlete?

(25 Marks)

6. You have been tasked by the Region 5 working group to address athletes on how to prepare nutritionally before, during and after games. Prepare a comprehensive food pyramid guide for these athletes

(25 Marks)

END OF EXAMINATION