



**REFORMED CHURCH UNIVERSITY**

---

**FACULTY OF EDUCATION AND SOCIAL SCIENCES  
BACHELOR OF EDUCATION (B. Ed) HONOURS DEGREE IN  
SPORTS SCIENCE**

**HUMAN ANATOMY AND PHYSIOLOGY**

**HSPS 107**

**PART 1 SEMESTER 2 EXAMINATION**

**TOTAL MARKS [100]**

DATE: DECEMBER 2022

Time: 3 Hours

---

**INSTRUCTIONS**

1. This paper has *five (5)* questions
2. Answer any *three (3)* questions
3. Each question carries *100 marks*
4. Start each question on a new page

1. Describe the anatomy and physiology of the human heart explaining its conduction. [100]
2. a) Draw and label the structure of a bone. [50]  
b) Discuss the functions of the 3 major parts of the brain giving the relevance of each in Sports Science. [50]
3. a) With the aid of a diagram, explain the organization of the Nervous System. [50]  
b) Summarise the characteristics of a muscle. [50]
4. a) List 5 functions of the skeletal system. [50]  
b) Discuss using examples, the value of the knowledge of anatomy and physiology to a Sport Scientist. [100]
5. Name the organs of the respiratory system and briefly describe the mechanics of breathing. [100]

***End of Paper***