**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BA/BA(ITT)/BSc Degree Examination students registered for

Level **THREE**

Title: **Exercise Referral**

Code: **HEP6006**

Semester: **RETRIEVAL**

Date: **January 15th 2019**

Time: **9:30 – 11:30AM**

TIME ALLOWED: **TWO** HOURS

The paper is split into **two sections**. Please ensure you complete **both** sections.

**SECTION A –** Answer **ONE** question **(60 marks)**

1. Using relevant scholarly literature, discuss the progression of exercise referral schemes since the 1990s. Include relevant documents that have changed the provision of exercise referral and explain how these documents have benefitted the delivery of exercise referral schemes in comparison to alternative methods of treatment.
2. Using current and relevant scholarly literature, provide an argument to abolish the use of exercise referral schemes in primary health care and suggest a more efficient, cost effective strategy.

**SECTION B –** Answer any **TWO** questions (**40 marks)**

1. Describe the various teams/treatment modalities that may be used during exercise referral. Explain why each method fits in to the bigger picture of rehabilitating the person, rather than the disease.
2. Pharmacology is often the preferred method of treatment for an individual with hypertension. Explain the mechanisms, side effects and exercise considerations of two types of medication to treat hypertension.
3. Physical activity has been proven to reduce the risk of cardiovascular disease. Describe the beneficial exercise adaptations that will reduce the risk, progression and mortality rate of cardiovascular disease.
4. Explain the links between obesity and type II diabetes. Include definitions, aetiologies, pathologies and exercise recommendations/contraindications.

**END OF EXAMINATION**