NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1104

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1104: SPORTS MODULE – FUNDAMENTALS OF ATHLETICS

JANUARY 2011

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

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1) (a) Describe the phase structure of sprinting [12 marks]

   (b) State and describe any three drills one can use to develop the sprinting technique. [9 marks]

   (c) State and describe two tests you would use to predict performance in sprints. [6 marks]

2) Critically evaluate the methods of teaching complex skills under the sub-topics:

   a) Chaining [12 marks]

   b) Shaping [13 marks]

   Use examples from a specific relay event.

3) The following are steps in the teaching progressions of the triple jump: rhythmic jumps, triple jump grid triple jump with step to platform, multiple triple jump, and triple from a medium approach.

   (a) Arrange them in recommended order. [5 marks]
   (b) Identify the objective for each of the given steps and explain how you would teach/coach an athlete to achieve that objective. [20 marks]

4) Athletes train and compete for various reasons. Critically discuss the reasons for participation in athletics. [25 marks]

5) All throwing events follow the phases; preparation, momentum gathering, power position and follow throw. Using examples from any two events show similarities and differences in the phases. [25 marks]

6) (a) "The call room is the engine of a track and field competition." Critically discus this statement. [15 marks]

(b) Using examples and/or diagrams discuss officiating in the vertical jumps, showing how you would resolve ties. [10 marks]

END OF EXAMINATION