

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2112

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2112: SPORTS SPECIALITY MODULE

(FIELD AND TRACK ATHLETICS – JUMPS)

FEBRUARY 2010

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** 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.

1. Jumping is an integrative special skill that envelopes several bio-motor abilities.
 - a) Explain the concept of jumps in athletics. (5 marks)
 - b) Explore the utility of the bio-motor abilities of running, hopping and jumping to be used by elementary school learners to develop jumping abilities. (15 marks)
 - c) Why are jumps easy to develop even in the remotest parts of Zimbabwe's schools? (5 marks)
2.
 - a) Discuss the functional characteristics of the run-up phase in the vertical jumps. (10 marks)
 - b) Propose a 2 hour training session to address the deficiencies in lower leg strength and power, Justify your selection and order of exercises. (15 marks)
3. Propose a systematic five-step scheme that you would use to develop the Fosbury flop from familiarization up to perfection, citing the objectives, contents and didactical media to be incorporated in each stage. (25 marks)
4. At a Pole Vaulting event the following results were obtained:

	478m	482m	485m	488m	490m	492m	494m	Total Fails
Amos	-	XO	O	XO	-	XXO	XXX	4
Bob	O	O	O	X-	XO	XXO	XXX	4
Cole	O	XO	X	O	XXO	XXO	XXX	5
Dole	O	-	-	XXO	XXO	XO	XXX	5

Key: o = valid jump, x = failed jump - = did not jump

- a) Rank the athletes and justify their positions. (13 marks)
- b) In each of the following events, give two conditions which warrant the disqualification of an athlete:
- i) Long jump (4 marks)
 - ii) High Jump and (4 marks)
 - iii) Triple jump. (4 marks)
5. Discuss the occurrence and management of an ankle sprain in jumping events, focusing on the following:
- a) Mechanism of injury (5 marks)
 - b) Identification (5 marks)
 - c) Management with PRICER (15 marks)
6. Propose 5 sequential steps and their objectives that can be used to develop the triple jump technique from familiarisation to smooth execution. (25 marks)

END OF EXAMINATION