

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2209

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2209: THEORY AND METHODOLOGY OF COACHING

MAY 06

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Questions can be written in any order. 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. a) Using sporting examples, explain why adaptation is defined as phenotype. (10 marks)
b) Explain how activity is distinguished by the following imminent features which enable the disclosure of the specific nature of the adaptation process.
 - (i) Adequacy (5 marks)
 - (ii) Selectivity and feasibility (5 marks)
 - (iii) Ability to form anticipative reactions. (5 marks)

2. a) Using sporting examples, compare the two phases of the interim stage of cumulative adaptation. (10 marks)
b) Explain particular parameters that characterize the stages of stable adaptation. (15 marks)

3. Briefly explain the various changes (effects) in the organism under the impact of training loads. (25 marks)

4. a) Using sporting examples briefly describe the main characteristics of strength as a motor quality of the human being. (15 marks)
b) Explain any two ways of generating muscular strength. (10 marks)

5. Using examples, explain the main means and main methods for general strength training. (25 marks)

6. Explain the following methods for developing aerobic capacities.
 - (i) Continuous steady method. (13 marks)
 - (ii) Steady variable method (12 marks)

END OF EXAMINATION QUESTION PAPER