

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

AUGUST 2009

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. Write brief notes on the following aspects of adaptation:-
 - a) Adequacy (6 marks)
 - b) Selectivity and feasibility (7 marks)
 - c) Regulative management function (6 marks)
 - d) Anticipative reactions (6 marks)

2.
 - a) Identify the parameters of the training load. (10 marks)
 - b) Explain how these parameters can be brought to quantitatively measurable values. (15 marks)

3. Outline the differences and similarities between the following:-
 - i) Load of aerobic influence and load of anabolic influence (12 marks)
 - ii) Load of anaerobic-glycolitical influence and load of predominantly alactic influence. (13 marks)

4. Briefly describe each of the following specific principles of load:-
 - a) Principle of adequacy of load (13 marks)
 - b) Principle of specific nature of load (12 marks)

5. Explain the following methods of strength training:-
 - a) Method of maximum efforts (13 marks)
 - b) Method of dynamic efforts (12 marks)

6. Briefly describe the three different types of strength endurance. (25 marks)

END OF EXAMINATION