

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4101

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4101: THEORY OF SPORTS TRAINING

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.

1. Explain how the trained state as a steady state can be revealed by its most important, permanent structural and functional transformations at different levels. [25 marks]
2. Using sporting examples outline top form as a specific adaptation phenomenon. [25 marks]
3. a) Describe types of fatigue according to its character. [15 marks]
b) Outline the types of fatigue according to its quantity. [10 marks]
4. Using examples outline the following recovery processes:-
 - i) Operational recovery. [9 marks]
 - ii) Immediate recovery. [8 marks]
 - iii) Delayed recovery. [8 marks]
5. a) Using the third approach (model of interaction) define stress. [10 marks]
b) Using Sauder's integration model, explain the relationship between stress and sports performance. [15 marks]
6. Explain Sports Training as a stress factor. [25 marks]

END OF EXAMINATION