

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4210

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL PROGRAMME

THEORY: SSC4210: SPORTS SPECIALITY MODULE – MARTIAL ARTS

APRIL 2014

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 the principles that can motivate Martial Arts students in any teaching situation. **(25marks)**
2. Outline the progressions of physical practice in Karate. **(25marks)**
3. Explain the following methods of mental practice:
 - i. Action visualization. **(12marks)**
 - ii. Reaction visualization. **(13marks)**
4. a) Explain the important functions of conditioning exercise in Martial Arts. **(15marks)**
b) Outline the five categories of conditioning exercises **(10marks)**
5. a) Outline what form is in Martial Arts. **(10 marks)**
b) Explain the tips for teaching new forms in Karate. **(15 marks)**
6. a) Explain the goals for planning special interest classes in Martial Arts. **(15marks)**
b) Outline how you will structure a self defense class. **(10marks)**

END OF EXAMINATION