

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4212

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4212: SPORTS SPECIALITY MODULE – COMBINED EVENTS

MAY 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) (a) You are the combined event referee. You excuse an athlete after his second round jump in the long jump to get some medical attention for a sore hamstring. He has not returned when the shot put warm-ups are completed. What options do you have? When would you consider him to have abandoned the competition and why? [10 marks]
- (b) Determine the best jump, places and points for all competitors. [15 marks]

	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	Best	Pl.	Points
EE	P	P	P	P	O	O	XO	O	XXX				
FF	P	P	O	O	XO	XXO	XO	XXX					
GG	O	XO	O	XXO	XO	O	XXX						
HH	P	P	O	XO	XO	XXO	XXO	XXX					
II	P	P	P	P	P	O	XO	O	XXO	XXX			
JJ	P	P	P	P	O	O	XXO	XXX					
LL	P	O	O	XO	XP	XP	P	X					
MM	P	P	P	O	XO	XO	XXO	XXX					
NN	O	XO	XXO	XXX									
QQ	O	P	P	O	O	XXX							
RR	P	P	P	P	P	O	XXO	XO	XXO	XXX			

High Jump Scoring Table...

Height	1.72	1.73	1.74	1.75	1.76	1.77	1.78	1.79	1.80	1.81	1.82	1.83	1.84
Points	560	567	577	585	593	602	610	619	627	636	644	653	661
Height	1.85	1.86	1.87	1.88	1.89	1.90	1.91	1.92	1.93	1.94	1.95	1.96	1.97
Points	670	679	687	696	705	714	723	731	740	749	758	767	776

Places 5 points; Heights 5 points; Scores 5 points.

- 2) Write notes on the following:

- (a) Open and Closed skills. [4 marks]

- (b) Simple and Complex skills. [4 marks]
- (c) Shaping and Chaining. [5 marks]
- (d) Feedback
- i) Intrinsic Feedback [3 marks]
- ii) Augmented feedback [3 marks]
- (e) Effective Verbal Feedback
- i) Specific not General [1 mark]
- ii) Constructive not Destructive [1 mark]
- iii) Sooner not later [1 mark]
- iv) Checked for Clarity [1 mark]
- v) Directed to Changeable Behaviour. [1 mark]
- vi) Correct One Fault at a Time. [1 mark]
- 3) Critically discuss the statement “Besides being a team sport, the decathlon is the ultimate test of an individual athlete’s fitness and mental abilities”. [25 marks]
- 4) Throwing events follow the phases: momentum gathering, power position and follow through, while jumping events follow the phases: approach, take off, flight, and landing. Using examples from any two events show similarities and differences in the phases. [25 marks]
- 5) (a) Identify the sub-components of the following biomotor abilities and discuss their importance in throwing performance.
- i) Speed [3 marks]
- ii) Strength [4 marks]
- iii) Endurance [6 marks]
- iv) Flexibility [4 marks]
- (b) Identify four (4) mobility exercises for a long jumper explaining how they are done and the effects they produce. [8 marks]
- 6) (a) Critically discuss the concept of carbo-loading for a combined events athlete. [10 marks]
- (b) How and why is dehydration likely to work against the performance of a decathlete? [5 marks]
- (c) Give a detailed hydration plan for a pentathlete during competition day. [5 marks]
- (d) Produce a dietary plan for day one of competition in the decathlon. [5 marks]

END OF EXAMINATION