

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 – ATHLETICS (COMBINED EVENTS)

MAY 2012

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. How do you apply sport seasons to the periodisation periods? Relate your answer to one of the track and field events. [25 marks]
3. (a) Describe the phase structure of the sprint start [9 marks]
- (b) State any three objectives of the sprint start [4 marks]
- (c) With the aid of diagrams critically discuss the three types of starts. [12 marks]
4. Identify, explain and defend choices of three strength training methods and three endurance training methods for a 400m athlete. [25 marks]
5. Design a test battery which a coach can use regularly to assess the progression of his/her decathlon athlete.
- a) Justify the selection of the tests. [10 marks]
- b) Briefly describe how any three of the tests are conducted and scored. [15 marks]
6. (a) Discuss the concept of carbo-loading a combined events athlete. [10 marks]
- (b) How and why dehydration is likely to work against the performance of a decathlete? Give a detailed hydration plan for use during competition. [10 marks]
- (c) Produce a dietary plan for day one of competition in the decathlon. [5 marks]

END OF EXAMINATION