

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1210

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1210: SPORTS SPECIALITY MODULE (MARTIAL ARTS)

MAY/JUNE 2005

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 square brackets.

1. a) Briefly describe what is Karate-do. [5 marks]
b) Explain the role and importance of Karate-do in our life. [20 marks]
2. Outline the origin and historical development of Karate-do in China. [25 marks]
3. Describe briefly the main principles of the following Chinese Internal Systems.
 - a) Tai-chi [9 marks]
 - b) Hsing-i [8 marks]
 - c) Pa-kua [8 marks]
4. Outline the origin and historical development of Karate-do in Okinawa. [25 marks]
5. a) Explain how Karate-do was introduced to Japan. [9 marks]
b) Describe the main four styles of Karate-do in Japan. [16 marks]
6. Modern Karate-do is generally characterized by the three k's. Outline the characteristics of each k. [25 marks]

END OF EXAM QUESTION PAPER