

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1212

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1212: SPORTS SPECIALITY MODULE – FIELD AND TRACK ATHLETICS

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) 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]

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. [3 marks]
 i) Intrinsic Feedback. [3 marks]
 ii) Augmented feedback. [3 marks]
(e) Effective Verbal Feedback. [1 mark]
 i) Specific not General. [1 mark]
 iii) Constructive not Destructive. [1 mark]
 iv) Sooner not later. [1 mark]
 v) Checked for Clarity. [1 mark]
 vi) Directed to Changeable Behaviour. [1 mark]
 vii) Correct One Fault at a Time. [1 mark]

- 3) (a) Design a hurdles training plan for a five-day microcycle in the preparation period. [10 marks]
 b) For a chosen day on that microcycle plan, draw a detailed training plan for a two-hour session. [15 marks]
- 4) (a) Give a detailed explanation of any four common errors usually observed in the teaching of the 4 x 100 relay exchanges and their corrections. [10 marks]
 b) With the aid of diagrams show how your athletes will be positioned for each leg in the 4 x 100m relays. [10 marks]

- c) Defend your choice of athletes for each leg of the 4 x 100m relay competition. [5 marks]
- 5) Identify, describe and justify your choice of test and control methods for an athlete who specialises in the sprint hurdles. [25 marks]
- 6) (a) Critically analyse the statement: “General endurance and strength form the foundation of any athletics training program.” [10 marks]
- b) Identify/explain and defend three choices of three strength training methods and three endurance training methods for a 400m athlete. [15 marks]

END OF EXAMINATION