

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1212

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BLOCK RELEASE PROGRAMME

THEORY: SSC1212: SPORTS SPECIALITY MODULE – ATHLETICS (SPRINTS)

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. Sprinters train to delay a particular energy pathway from becoming the dominant energy provider.
 - a) Identify the energy pathways involved in the 400m sprint and state why athletes seek to delay this dominance by a single energy pathway. (13marks)
 - b) Explain two ways in which athletes might achieve this goal. (12 marks)
2. (a) Relate five components of physical-fitness to a hurdle discipline of your choice. (15 marks)
(b) With reference to a chosen discipline, discuss the process of conditioning in the light of the relationship between volume and intensity. (10 marks)
3. Discuss any five factors to consider when designing a training programme for track athletes. (25 marks)
4. (a) For a long sprint, design a four week meso-cycle for the preparation period. (10 marks)
 - (b) From the same meso-cycle, distribute the load for your third micro-cycle. (10 marks)
 - (c) Justify the response you gave in number 4. b) (5 marks)

5. You are asked to teach the sprint start to a class of 25 children:-

- a) State five coaching points for teaching sprint starts. (5 marks)
- b) With aid of diagrams explain five (5) progressions you would use to teach sprint start. (15 marks)
- c) Suggest a game you could use to teach the sprint start. (5 marks)

6. You have been tasked by the Principal Director of Sports, Arts and Culture to plan a workshop on the running of a smooth athletic season in your district.

- a) Propose a two-day programme for the workshop to include practical sessions and exchange of ideas. (15 marks)
- b) List points for the keynote speaker to address major problems faced and aspirations of the ministry in conducting workshops of such a nature. (10 marks)

END OF EXAMINATION