

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1215

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1215: SPORTS SPECIALITY MODULE (SOCCER)

JUNE 2004

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) Briefly discuss the stages of football evolution. [15 marks]
(b) Assess the development of the systems of play. [10 marks]
2. (a) Using concrete examples in soccer explain the terms skill and ability. [10 marks]
(b) Assess the phases of skill learning giving examples in soccer. [15 marks]
3. Explain the principles of any two of soccer techniques. In your answer indicate the coaching points, progression, exercises, errors and corrections. [25 marks]
4. Discuss defending and attacking tactics and their principles. [25 marks]
5. (a) Define physical fitness and state its components. [10 marks]
(b) The principles of training are the foundation of physical training. Discuss. [15 marks]
6. (a) What are the general points of physical training for both soccer players and non-players. [10 marks]
(b) Briefly describe the main components of a soccer training session, the training methods and the main motor qualities. [15 marks]

END OF EXAM QUESTION PAPER