

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2112

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC2112: SPORTS SPECIALITY MODULE (TRACK AND FIELD ATHLETICS JUMPS)**

OCTOBER 2009

3 HOURS (100 MARKS)

### **INSTRUCTIONS**

Answer **four** 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 explain the concept of jumps in athletics. (5 marks)  
b) With reference to either the vertical or the horizontal jumps, discuss the characteristics of each phase. (20 marks)
2. Propose activities that you could use to teach the Fosbury flop under the following headings:
  - a) Familiarization (12 marks)
  - b) Development (13 marks)
3. How would you introduce either the long or the triple jump technique to a group of adolescent beginner jumpers. Explain with 5 sequential activities to qualify your response. (25 marks)
4. a) You are the coach of a mixed group of 15 jumpers. Draw up a 5 station circuit that can be utilized to condition both vertical and horizontal jumpers at the beginning of the athletic season. (15 marks)  
b) Justify the activities you proposed in 4 (a) in terms of their relevance to both cases and their sequencing. (10 marks)
5. You have been appointed the Field Events Development Officer by the IAAF. How would you market the jumps to the corporate world to attract sponsorship? (25 marks)
6. How would you apply the PRICER Mnemonic in the management of an ankle sprain in jumps? (25 marks)

**END OF EXAMINATION**