

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2118

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2118: SPORTS SPECIALITY MODULE - BASKETBALL

JANUARY 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) Present a 1 hour long circuit-training session that a basketball coach can use to drill the basic skills in basketball. [20 marks]
b) How can the circuit be modified to suit varying ability levels for each skill? [5 marks]
2. a) Design and present an analysis sheet that a coach can use to collect player statistics in basketball? [15 marks]
b) How can the statistics collected in 2a) be used to improve player performance? { 10 marks}
3. a) Describe how the practice style can be used to teach the jump shot to ten beginner basketball players, given 10 basketballs, 20 cones, 1 court and a time of two hours. [25 marks]
4. a) Describe the following terms in the context of basketball:-
 - i) Power. [2 marks]
 - ii) Flexibility. [2 marks]
 - iii) Agility. [2 marks]
 - iv) Coordination. [2 marks]
 - v) Cardiorespiratory endurance. [2 marks]
b) Rank the fitness components in descending order of importance in basketball, justifying your ranking. [15 marks]

5. a) Define the following in the context of basketball:-
- i) Skill. [2 marks]
 - ii) Technique. [2 marks]
 - iii) Tactics. [2 marks]
- b) Describe the fastbreak as an offensive tactic in basketball [5 marks]
- c) Describe three conditions that favour the success of man-to-man full-court press as a defensive strategy in basketball. [9 marks]
- d) State 5 disadvantages of zone defense in basketball. [5 marks]
6. The jump shot is one of the frequently used shots in basketball.
- a) Enumerate the major coaching points for the shot. [5 marks]
 - b) Describe the advantages of using this shot in basketball. [5 marks]
 - c) List 4 factors that influence the success of the jump shot. [4 marks]
 - d) Explain how each factor listed in 6c) influences jump shot success. [8 marks]
 - e) Describe common mistakes students make when performing the shot. [3 marks]

END OF EXAMINATION