

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2209

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2209: THEORY AND METHODOLOGY OF COACHING

MAY 2005

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 square brackets.

1. a) With reference to sports briefly describe what is adaptation? [5 marks]
b) Using examples from sports outline the main stages of the adaptation process. [25 marks]
2. Using examples compare and contrast the one factor theory and the two factor theory. [25 marks]
3. a) Identify the two main aspects of load and briefly describe how they are related. [5 marks]
b) Describe the main load parameters. [20 marks]
4. Using examples outline the first two specific principles of training load. [25 marks]
5. a) Describe the different characteristics of strength as a motor quality of human being. [6 marks]
b) For one of the above mentioned characteristics briefly describe its methodology of training using specific examples. [19 marks]
6. Outline all the versions for the continuous steady method in the development of aerobic capacities. [25 marks]

END OF EXAM QUESTION PAPER