

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

JULY 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. Using sports examples describe the components of effectiveness of adaptation process. (25 marks)
2. a) Explain various effects which are disclosed by the two-factor theory under the impact of the training load. (15 marks)
b) Using sports examples explain the specific nature of optimal loads. (10 marks)
3. With reference to any sporting activity briefly explain and describe any **one** method for developing endurance. (25 marks)
4. With reference to the neuro-muscular apparatus describe the different ways of generating muscular strength. [25 marks]
5. Using examples from sports explain the different factors for muscle strength. (25 marks)
6. Give details on how the method of repeated efforts can be used to develop strength endurance. [25 marks]

END OF EXAM QUESTION PAPER