

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2209

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2209: THEORY AND METHODOLOGY OF COACHING

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 define adaptation as viewed in its two aspects. (10 marks)
b) Using a diagram outline the block scheme of the adaptation process. (15 marks)
2. Using examples explain the interim stage of cumulative adaptation. (25 marks)
3. Briefly explain the following two theories;-
 - i) One factor theory. (12 marks)
 - ii) Two factor theory. (13 marks)
4. Using a diagram outline the structure of the Load. (25 marks)
5. Describe the methods for developing of maximal strength. (25 marks)
6. Outline for principle situations which are used for strength preparation in an annual cycle. (25 marks)

END OF EXAMINATION