

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 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. Using a diagram, describe how the complex functional and structural reorganisations in organism is due to the interaction of processes that confront one another and not due to the impact. [25 marks]

2. a) Write brief notes on the following basic components of the adaptation process:-
 - i) Scope of quantity changes. [5 marks]
 - ii) Scope of qualitative changes. [5 marks]
 - iii) Price (costs). [5 marks]

- b) Outline the stage of re-adaptation. [10 marks]

3. a) Using sporting example, define load. [5 marks]

- b) Outline the different specific components of external load (magnitude) which are used to quantitatively measure the load. [20 marks]

4. a) Explain the functions of the following loads on the organism:-
 - i) Maximum load. [5 marks]
 - ii) Average load. [5 marks]
 - iii) Low load. [5 marks]

- b) Outline the obscure known background information on the leading experience concerning different models for composition of the training process. [10 marks]

5. Using examples write brief notes on the following principles of load:-
 - i) Adequacy of load. [7 marks]
 - ii) Specific nature of load. [8 marks]
 - iii) Continuity of load. [10 marks]

6. Outline the main characteristics of the following systems for strength training in contemporary sports:-

- i) Main means. [6 marks]
- ii) Main methods. [6 marks]
- iii) Volume. [6 marks]
- iv) Intensity. [7 marks]

END OF EXAMINATION