

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2209

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATION

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL PROGRAMME

THEORY: SSC2209: THEORY AND METHODOLOGY OF COACHING

AUGUST 2014

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) Using examples, define a training load. [13marks]
b) Outline the different components which are used to quantitatively measure the load. [12marks]
2. Evaluate training principles under
a) SPORT [20marks]
b) FITT [5marks]
- 3 From a sport activity of your choice design a conditioning program with emphasis on Speed. State the activities and equipment you would use [25marks]
4. With reference to individual training responses, discuss these statements:
 - a) The relative contribution of each system to total energy requirement differs markedly depending on exercise intensity & duration. [10marks]
 - b) The magnitude of energy from anaerobic sources depends on a person's capacity and tolerance for lactic acid accumulation. [10marks]
 - c) As exercise intensity diminishes and duration extends beyond 4 minutes, energy more depends on aerobic metabolism. [5marks]
- 5 What are the major cardiovascular changes that occur due to training? [25marks]

- 6 Discuss exercises for strength development, under the following;
- a) General strength [5marks]
 - b) Specific strength [5marks]
 - c) Strength endurance [5marks]
 - d) How are flexibility exercises important in sporting events? [2marks]
 - e) Identify 2 mobility exercises and explaining how they are done and the effects they produce. [8marks]

END OF EXAMINATION