

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2212

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2212: SPORTS SPECIALITY MODULE (TRACK AND FIELD

ATHLETICS - THROWS)

AUGUST 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) List any three throwing events. (3 Marks)
 - b) You have been appointed the coach of the NUST throws team in preparation for the upcoming Tertiary games. Propose six activities to physically condition your throwers. (12 Marks)
 - c) Explain the three fundamental factors that determine the result in throws. (10 Marks)

2. You are the field events coach at an Athletics Academy,
 - a) What would be your five objectives for javelin training? (10Marks)
 - b) Draw up a 1 week javelin training plan that includes the objectives as well the content for the general preparation period of your macro- cycle. (15 Marks)

3.
 - a) How would you in five sequential steps, teach the lineal technique in Shot Putt? (10 Marks)
 - b) In Shot Putt, what advantage does the rotational technique have over the lineal technique? (5 Marks)
 - c) Outline five challenges that are encountered in the execution of the rotational technique in shot putt throwing. (10 Marks)

4. What activities would you include for your discus throwers in the following phases:
 - a) familiarization with the full technique (5 Marks)
 - b) grip and correct release of the disc (5 Marks)
 - c) perfection of the technique under different conditions (5 Marks)
 - d) How would you ensure safety in your teaching of Discus (10 Marks)

5. Draw up a javelin throwing lesson plan to teach the final effort with minimal fundamental errors (25 Marks)

6. You have the task of introducing discus to a group of Physical Education Teachers who are keen to develop sports in their districts.
- a) What innovations would you propose to overcome the challenge of limited resources in the teaching of the discus throwing? (10 Marks)
 - b) Propose a warm up for a combined group of throwers of discus and javelin throwers (10 Marks)
 - c) Outline any 2 errors that are committed in the learning of discus. (5 Marks)

END OF EXAMINATION