

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2215

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC2215: SPORTS SPECIALITY MODULE (SOCCER)**

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) Explain what is meant by the following terms:-
  - i) Talent identification (3 marks)
  - ii) Talent selection (3 marks)
  - iii) Talent detection (3 marks)
  - iv) Talent development (3 marks)
- b) With reference to the five pillars model of talent identification, explain why Zimbabwe as a football nation has struggled to produce any talented footballer of note since the turn of the Millennium. (13 marks)
2. Assume that you are the National Director of coaching and you have been asked to present a paper on how Periodization can be used to ensure optimum performance for Zimbabwean Premier Leagues players at a workshop organized for members of the newly formed Zimbabwe Practicing Soccer Coaches Association. Summarize what your paper will cover. (25 marks)
3. Mental training is one of the least covered areas in the training programmes of most Zimbabwean top-flight soccer teams. As a practicing Sports Psychologist, you have been tasked to prepare and circulate a mental training programme to all Premier soccer league and Division one coaches. Your paper should include a section where you explain the benefits of Psychological preparation in soccer. Prepare a draft of the programme. (25 marks)
4. As a Fitness Training Consultant you have been tasked to develop a corrective training programme for a premier soccer team whose players exhibit the following attributes:-
  - i) The whole team plays well in the first hour of every game and struggle to match their opponents in the last twenty minutes of each and every game.
  - ii) The team's players are always second to every loose ball.
  - iii) The team's strikers cannot pack powerful shots and are always beaten to aerial balls by their opponents.
  - iv) There is a high incidence of muscle injuries among the team's players. (25marks)
5. As a Sports Science and Coaching student you have been tasked to evaluate the fitness training program of a Bulawayo based premier league soccer team and make corrective

recommendations. Your findings include the fact that the fitness training programmes are uniform for all players irrespective of the positions they play. What corrective recommendations would you make to the team's technical team? (25 mark)

6. Most Zimbabwean Soccer Coaches do not have a clear guide of what players should eat to prepare for soccer match and what to eat or drink during and after a soccer match. As a Sports Nutritionist, prepare a nutritional guide for circulation to all Zimbabwean premier soccer teams. (25 marks)

**END OF EXAMINATION**