

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2218

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2218: SPORTS SPECIALITY MODULE - BASKETBALL

MAY 2011

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **4 (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) Discuss five major challenges faced by the Basketball Union of Zimbabwe in implementing its development programs. [15 marks]
- b) Suggest how these challenges can be addressed. [10 marks]
2. Present an hour long session to introduce the lay up shot to a beginner group of 10 basketball players. [25 marks]
3. a) Describe the following terms in the context of basketball training
 - i) mode. [3 marks]
 - ii) load. [3 marks]
 - iii) intensity. [3 marks]
 - iv) frequency. [3 marks]
 - v) variety. [3 marks]
- b) Present a format for a training diary that a basketball player can use to document their training. [10 marks]
4. Using your knowledge of basketball regulations, state:-
 - a) a rule that makes basketball a fast-paced game. [4 marks]
 - b) a rule that discourages contact in basketball. [3 marks]
 - c) a rule that protects a player in the act of shooting. [3 marks]
 - d) a rule that concentrates play on the offensive court. [3 marks]
 - e) two rules that distinguish between a dead ball and live ball in basketball. [4 marks]
 - f) a rule that discourages camping in the key. [3 marks]
 - g) two rules that discourage running with the ball. [5 marks]
5. Using your knowledge of the FIBA 2010 rules describe:-
 - a) how the winner of a basketball game is decided. [2 marks]
 - b) how a team's basket is identified. [2 marks]
 - c) how the front court is distinguished from the back court. [6 marks]

- d) the roles of the captain [3 marks]
- e) how play is started [3 marks]
- f) the location of a player on the court [3 marks]
- g) two instances when a jump ball is used [6 marks]

6. Identify and discuss five key features in the development of basketball. [25 marks]

END OF EXAMINATION