

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4101

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4101: THEORY OF SPORTS TRAINING

AUGUST 2012

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. Outline the four basic approaches of defining stress. [25 marks]
2. Write brief notes on the following stress factors:-
 - i) Training load. [5 marks]
 - ii) Conflict situations. [5 marks]
 - iii) Contest activity. [5 marks]
 - iv) Outer environment. [5 marks]
 - v) Anticipation. [5 marks]
3. Using the drive theory, outline the relationship between stress and sports performance. [25 marks]
4.
 - a) Outline the different types of fatigue in terms of its character. [15 marks]
 - b) How can we describe fatigue according to its quantity. [10 marks]
5. Explain the process of fatigue and recovery during:-
 - i) Single, uninterrupted performance of motor activity. [8 marks]
 - ii) Performance of a multiple repeated work. [8 marks]
 - iii) A residual event after a certain period for recovery. [9 marks]
6. Outline the different indicators which are developed for evaluation and control of energy production capabilities. [25 marks]

END OF EXAMINATION