

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4212

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC4212: SPORT SPECIALTY MODULE (STEEPLE CHASE AND RACE WALKING)**

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) Briefly explain the two fundamental factors which determine speed in the steeple chase and race walking events. (5 Marks)
  - b) How would you determine each of these two factors? (10 Marks)
2. Outline and justify five progressive steps that you would use to teach beginner steeplechasers up to their full seasoning (25 Marks)
3. Propose a 1 week training plan that contains the objectives as well the content for your 3000m elite steeple chasers during the general preparation period of your macro- cycle. (25 Marks)
4.
  - a) Explain why is race walking said to be more of a technical rather than an energy dependant event? (5 Marks)
  - b) Compare any five (5) physiological differences that have been observed between 20km a. and 50km race walkers. (10 Marks)
  - c) Justify the value of carrying out biomechanical analyses of race walking technique to for coaches (10 Marks)
5. You are the *Chef de mission* of Team Athletics Zimbabwe that is scheduled to represent the country at the London 2012 Olympic trials in the next 4 months.  
  
Draw up a chronological agenda of crucial items that should be prioritized to ensure the team's successful participation at these trials from the time of your appointment up to the time your team gets to London. (25 Marks)
6. You have the task of introducing race walking to a group of Physical Education Teachers who are ken to develop sports in their districts.
  - a) How would you create and concretise the notion of correct technique on the participants? (5 Marks)

- b) Explain 5 progressive exercises that you would employ in the initiation of race walking. (10 Marks)
- c) Outline any 5 errors that are committed in the learning of race walking. (5 Marks)
- c) Despite the technical complexity of race walking, why it is habitually preferred by several overweight athletes as a form of prophylactic exercise? (5 Marks)

**END OF EXAMINATION**