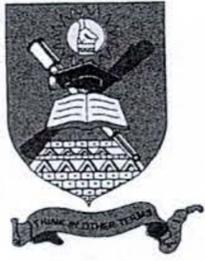


NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC2117

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMME

SSC2117: VOLLEYBALL

EXAMINATION QUESTION PAPER

DECEMBER 2024

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: MISS K. DLAMINI

INSTRUCTIONS

- 1) Answer any 4 questions.
- 2) Each question carries 25 marks.
- 3) Where a question contains subdivisions, the mark value for each subdivision is given in brackets.

MARK ALLOCATION

QUESTION	MARKS
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
TOTAL	100

1. a.) Describe FIVE bio motor abilities in volleyball. [5 Marks]
b.) For each of the bio motor abilities mentioned above give volleyball examples where each ability is used. [20 Marks]

2. a.) Briefly describe rotational systems used in volleyball. You may use illustrations in your answer. [10 Marks]
b.) What activities can be used in a volleyball warm up and cool down? Include the justification for the selected activities. [15 Marks]

3. Discuss energy systems in volleyball. In your answer give examples of where each energy system is used. [25 Marks]

4. a.) Describe what is meant by coaches' eye? [5 Marks]
b.) What are the coaching points for the volley and dig passes in Volleyball. [20 Marks]

5. Design a one-month long strength and conditioning program for volleyballers during off season. [25 Marks]

6. Discuss the nutritional needs of a volleyball player. Your answer should include pre and post training meals with justification of the diet you choose for the athletes. [25 Marks]

END OF EXAMINATION