

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**



**SSC2232**

**FACULTY OF APPLIED SCIENCES**

**DEPARTMENT OF SPORTS SCIENCE AND COACHING**

**BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND COACHING**

**CONVECTIONAL/BLOCK RELEASE PROGRAMME**

**SSC2232: TESTS, MEASUREMENT AND EVALUATION IN SPORTS**

**EXAMINATION QUESTION PAPER**

**MARCH 2025**

This examination question paper consists of 2 pages

**TIME ALLOWED:** 3 HOURS  
**TOTAL MARKS:** 100  
**SPECIAL REQUIREMENTS:** NIL  
**EXAMINER'S NAME:** MRS P MASAGA

**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
<b>TOTAL</b>	<b>100</b>

1. Identify the main reasons for conducting fitness tests and discuss the possible limitations of fitness testing. **(25 Marks)**
  
  2. When conducting fitness testing in the field, it is important to be aware of the effects of environmental and surface conditions and either reduce their effect (move indoors, change surface or direction), record and control for the conditions, or postpone testing, Assess the environmental factors which must be considered when administering a test . **(25 Marks)**
  
  3. The Standing Stock test is used to monitor the development of the athlete's ability to maintain a state of equilibrium (balance) in a static position. . Describe how the test is conducted. **(25marks)**
  
  4.
    - a. Knowledge of exercise science can help determine the proper order of tests and the duration of rest periods between tests to ensure test reliability. Describe a logical sequence for a fitness test battery. **(13 Marks)**
  
    - b. Describe the of cool down after a fitness testing session. **(12 Marks)**
  
  5. a) In order for fitness testing to be accurate and worthwhile, a number of principles must be followed: Write shorts notes on the following **(12 Marks)**
    - i. Specificity
  
    - ii. Validity
  
    - iii. Objectivity
  
    - iv. Reliability  
  - b) Design a test battery for a rugby player **(13 Marks)**
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6. Safety measures should be adhered to during testing and measurement sessions. Describe how you would ensure the safety of athletes as a fitness tester. **(25 Marks)**

**END OF EXAMINATION**