

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC3115

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMME

SSC3115: FOOTBALL STUDIES

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: MR W. MUTEKEDE

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) Define John Maxwell's first 2 laws of team work. (15 marks)

b) Describe John Maxwell's Law of the Niche and illustrate the consequences. (10 marks)

2. Name and describe the stages of group development giving practical examples where necessary. (25 marks)

3. What are the 4 major components of football coaching? Explain why each of the component is important in player development and improvement of the team performance. (25 marks)

4 a) The following are basic football formations, (1-4-3-3/1-4-4-2/ 1-3-5-2 and 1-4-5-1) Using your preferred formation describe positional qualities and requirements of each player in one formation of choice. (18 marks)

b) Draw a diagram illustrating field occupancy in formation and system of play of your choice. (7 marks)

5 a) Define 3 coaching methods of your choice giving details on how each of the method is implemented. (15 marks)

b) Briefly define the following:- fast break attack, build up play, and counter attack. (10 marks)

6 a) Planning is a critical component in football management and coaching. Explain periodization and its cycles in a team building process. (10 marks)

b) Explain why nutrition in sports underpins performance especially the physiological demands of the game in general. (15 marks)

END OF EXAMINATION