

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC4102

FACULTY OF APPLIED SCIENCE

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND COACHING

**CONVENTIONAL/BLOCK RELEASE PROGRAMME**

SSC4102: SPORTS BIOKINETICS.

**SPECIAL 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.
- 4) Illustrate your answer where applicable with clearly labeled diagram.

MARK ALLOCATION

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

1. You have been selected to give a presentation to a group of Physical Education students on health and wellness focusing on the benefits of exercise. Briefly outline the components of your presentation. (25 Marks)
2. Describe any five injury prevention strategies that can be used by an athlete. (25 Marks)
3. Outline any five risk factors that cause injuries in athletes. (25 Marks)
4. A netball player twists their ankle in a game and has to leave the court. Describe the immediate treatment that they should use. (25Marks)
5. With reference to the Geriatric population;
  - a) Describe any Five common barriers to Physical Activity (15 marks)
  - b) Explain how you would conduct any three strength exercises, stating the target muscles exercise that you would prescribe (10 Marks)
6. Long distance runners are mostly affected by stress fractures
  - a) Outline the signs and symptoms. (15 marks)
  - b) Describe the management of the above (10 Marks)

**END OF EXAMINATION**