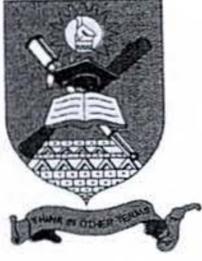


# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



**SSC4102**

**FACULTY OF APPLIED SCIENCES**

**DEPARTMENT OF SPORTS SCIENCE AND COACHING**

**CONVENTIONAL/BLOCK RELEASE PROGRAMME**

**SSC4102: SPORTS BIOKINETICS.**

**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: MRS P MASAGA

## INSTRUCTIONS

- 1) Answer any 4 questions only.
- 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. You have been chosen to present health and wellbeing, with an emphasis on the advantages of exercise, to a group of physical education students. Give a brief synopsis of your presentation's elements. **(25 Marks)**
  
2. Describe and discuss five effective injury prevention strategies for athletes, highlighting their importance and practical applications in sports. **(25Marks)**
  
3. Discuss the pathophysiology, diagnosis, treatment options, and rehabilitation protocols for tennis elbow (lateral epicondylitis) in athletes. **(25 Marks)**
  
4. A basketball player twists their ankle in a game and has to leave the court. Describe the immediate treatment that they should use. **(25 Marks)**
  
5. With reference to the Elderly population;
  - a) Describe any Five common barriers to Physical Activity **(15 marks)**
  - b) Explain how you would conduct any three core exercises, stating the target muscles exercise that you would prescribe **(10 Marks)**
  
6. Marathon 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**