

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC4112

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL PROGRAMME

SSC MIDDLE AND LONG DISTANCE RUNNING

SPECIAL EXAMINATION QUESTION PAPER

AUGUST 2024

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: DR D MAKAZA

INSTRUCTIONS

- 1) Answer any 4 question.
- 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. Compare and contrast the demand profile of 800m and the 3000m. **(25 marks)**

2. Describe the following in the context of middle and long distance running:
 - a) Steady state training. **(5 marks)**
 - b) Tempo pace (threshold) training. **(5 marks)**
 - c) Repetition training. **(5 marks)**
 - d) Interval (High Lactate) training. **(5 marks)**
 - e) Speed play ("Fatele") training. **(5 marks)**

3. Discuss two tests that can be used to predict time in middle distance. **(25 marks)**

4. (a) Design a six week training plan for a 800m to be used in the preparation period. **(16 marks)**

(b) Compare and contrast training methods for the 800m and 10000m events **(9 marks)**

5. Analyse the metabolic constraints in long distance training. **(25 marks)**

6. Strategy and tactics can make difference between victory and defeat, or between a good time and a poor time. Explain possible strategies and techniques that can be used in middle and long distance running. **(25 marks)**

END OF EXAMINATION

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