

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC4112

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BLOCK/CONVENTIONAL RELEASE PROGRAMME

SSC4112: ATHLETICS

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.
- 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. Carbohydrate loading is a legal method of boosting the amount of glycogen in the body before a competition. Discuss the importance of Carbo-loading in elite athletes. (25 Marks)

2. Compare and contrast the physical and technical demands of the decathlon and heptathlon. Discuss the training strategies and techniques employed by athletes competing in these multi-event competitions. (25 marks)

3. Outline the important logistical, technical, and administrative factors to consider when organizing combined events in track and field athletics such as decathlon and heptathlon. (25 Marks)

4. All sports can be dangerous if safety rules are not put in place and adhered. Outline safety precautions for a track and Field event to be observed. (25 Marks)

5. Examine the benefits of participating in track and field for University students. (25 Marks)

6.a. Identify the events comprising each competition (heptathlon: 7 events, decathlon: 10 events). (15 marks)

b. Describe the differences between the heptathlon and pentathlon. (10 Marks)

END OF EXAMINATION