

## BINDURA UNIVERSITY OF SCIENCE EDUCATION

## FACULTY OF SCIENCE AND ENGINEERING

## DEPARTMENT: SPORTS SCIENCE

## BACHELOR OF SCIENCE DEGREE IN SPORTS SCIENCE AND MANAGEMENT

## SSM 2212: TRAINING AND COACHING SCIENCE

DURATION: 3 HOURS

TOTAL MARKS: 100

## INSTRUCTIONS TO CANDIDATES

APR 2025

Answer **two** questions from Section and **two** questions from Section B.

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## Section A

1. Write brief notes on the following terms

- i) Muscular Endurance (4 marks)
- ii) Agility (4marks)
- iii) Maximum strength (4marks)
- iv) Static contraction (4marks)
- v) hypertrophy (4marks)

2. Describe any 5 principles of sport training (20 marks)

3. a) Define periodization (3 marks)

b) Draw an annual periodization Chart that a coach could use for any one of the following sports:

- i. Football
- ii. Netball
- iii. Cricket
- iv. Athletics
- v. Volleyball (17 marks)

**Section B.**

4. You have been asked to give a keynote speech at a coach's annual conference on the "Use of ergogenic aids in sports"

**Task:** Draft your presentation. (30 marks)

5. As a sports science Professor you have been tasked to make a presentation at a sports science conference on how coaching technology can be used to enhance sports performance.

**Task:** Summarise the main points you will raise in your presentation. (30 marks)

6. As the coach of a very successful sports team in Zimbabwe you have been asked to present a paper entitled "Coaching for Character"

**Task:** Draft the presentation you would make (30 marks)

**END OF PAPER**