BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM216: ATHLETICS 3

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

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

SECTION A

Ouestion 1:

- a) Describe the characteristics of the first runner of a 4x100 meter relay. (8 marks)
- b) Describe the most used variants in this type of event.

(4 marks)

c) How the Baton exchange is performed?

(8 marks)

Question 2:

a) Outline the types of grips used by javelin throwers.

(5 marks)

- b) Outline the five common mistakes made by beginner athletes during training in this discipline. (5 marks
- c) Describe any two training drills which can be used to teach this discipline. (10 marks)
- 3. Question 3:
- In the high jump, there are two very fundamental variants for teaching children.
- a) Describe the two main approaches used to teach children in this discipline. (10 marks)
- b) Explain the common mistakes that are made by children in the approach run. (10 marks)

SECTION B

Question 4.

As an athletics coach educator, you are planning to deliver a practical lecture on discus throwing phases for its study and the implements by males and females at an athletics coaching seminar.

Task:

Prepare a draft of your lecture notes.

30 marks)

Question 5:

- a)Calculate the stride length of an athlete who performed 45 steps in a 100-meter race with a time of 10.45 seconds. (15 marks)
- b) Explain the technical phases of track print events and compare their relative importance. To obtain good sports results, the coach must focus on the methods of training.

 (15 marks)

END OF PAPER

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: HEALTH SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE IN NURSING SCIENCE (NURSING **EDUCATION**)

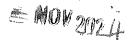
COURSE CODE NS110 (1): HEALTH ASSESSMENT

DURATION: 3HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer ALL questions. Each question carries 25 Marks



- 1. Write notes on the following:
 - a) Body Mass Index (BMI)

(9 Marks)

b) Types of primary skin lesions

(16 marks)

- 2. An adult male visits the health centre, complaining of chest pains radiating to the left arm:
 - a) State the possible medical diagnosis

(1 mark)

- b) Describe the:
 - Precordium areas to be auscultated during examination i) of the client.

(10 marks)

Abnormal sounds that can be heard on this patient. ii)

(3 marks)

Health education that will given to the patient on iii)

discharge.

(11 marks)

- 3. Describe the following:
 - a) COLDSPA mnemonic.

(18marks)

b) Objective data.

(7marks)

4. Discuss the relevance of physical examination techniques in the diagnosis of conditions. (25marks)