

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

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

NOV 2024

SECTION A

Question 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

NOV 2024

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:
 - i) Precordium areas to be auscultated during examination of the client. (10 marks)
 - ii) Abnormal sounds that can be heard on this patient. (3 marks)
 - iii) Health education that will given to the patient on 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)