

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE

SS508 LONG-TERM ATHLETE DEVELOPMENT

JUN 2025

DURATION: 3 HOURS

TOTAL MARKS: 100

(Plus 15 Minutes for Practical Preparation/Case Reading)

### INSTRUCTIONS TO CANDIDATES

Section A is compulsory

Answer three questions from Section B

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#### Section A

- 1- You are in charge of a group of sports scientists appointed by the government to identify sports talents in rural areas using the scientific approach.

**Task:**

Explain the criteria you would consider to fulfil that task using the Scientific Way.

(40 Marks)

#### Section B.

- 2- The gradual development of physical capacities is an essential part of all stages of the athlete development process.

**Task:**

Explain four methodological bases that must be taken into account during the anaerobic endurance training.

(20 Marks)

- 3- During the athlete development process, it is important to keep in mind the characteristics of the bodies of children.

**Task:**

Explain elements you would take into account if you were coaching athletes between 7 and 11 years old.

(20 Marks)

4- An important element that the coaches need to keep in mind during the athlete development process is the psychological characteristics of children.

**Task:**

Discuss the importance of a good and happy training environment for children during the training sessions. (20 Marks)

5- Flexibility is an essential capacity for competitive performance in most sports.

**Task:**

Explain four methodological bases that must be taken into account during the Flexibility training. (20 Marks)

6- The sports minister has asked you to speak to a group of coaches about the importance of the capacity of strength in the development of sports talents.

**Task:**

Prepare a draft about the importance of the capacity of strength in the development of sports talents. (20 Marks)

**END OF PAPER**