

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: SPORTS SCIENCE
MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE
SS 508 LONG TERM ATHLETE DEVELOPMENT - 2

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Section A is **compulsory**.

Answer **three** questions from Section B.

JUN 2023

Section A

Question One:

[40 marks]

A parent with a child who is a 15 year, small for his age, late-bloomer who is entering the 10th grade. He is trying to decide what sport to play. He is a promising baseball player. He also has experience in soccer and track. He played tackle football for the first-time last year as 3rd-string quarterback for the freshman team. He is debating between playing football again this year, or joining the select baseball league he was invited to join. Where do you send him?

Use your knowledge of early specialisation vs late specialisation to present the advice to this parent.

Section B.

Question One

[20 marks]

How do we identify, nurture and develop talented youth athletes and what are some of the common issues you encounter in this process?

Question Two:

[20 marks]

Do you have any practical advice for parents and coaches working with talented youth athletes?

Question Three:

[20 marks]

- a. Given the task of developing and LTPD program for a sport in Zimbabwe how would you ensure that it is going to be effective?

b. How is LTPD important?

Question Four:

[20 marks]

Explain the concept of athlete age in line with LTAD.

Question Five:

[20 marks]

Discuss the processes and procedure in LTAD.

Question Six:

[20 marks]

Explain the long-term athlete development, through discussing the relevant factors.

END OF PAPER