

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM 215: TESTING MEASUREMENT AND EVALUATION IN SPORTS

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer **FOUR** questions.

Two questions from section A and two questions from section B

NOV 2023

Section A (40 marks)

Answer any two questions

- 1 a) Define testing, measurement and evaluation in sport (5)
b) Explain the importance of testing, measurement and evaluation in sport. (15)
2. Discuss the following anthropometric terms and how they are used by health and fitness professionals as measures of body composition.
 - a) Body Mass Index (5)
 - b) Waist-to-hip ratio (5)
 - c) Waist Circumference (5)
 - d) Body fat percentage (%BF) (5)
3. Explain the following physical fitness components identifying the specific tests used to measure each component.
 - a) Agility (4)
 - b) Power (4)
 - c) Speed (4)
 - d) Flexibility (4)
 - e) Aerobic endurance (4)

Section B (60 marks)

Answer any two questions

4. As a technical manager of a certain sport, you have been asked to test, measure and evaluate cardiorespiratory fitness levels of athletes using the Yo-Yo Intermittent Recovery test level 1.

Task:

Outline the set-up, equipment and the standard procedure for administering the test. (30)

5. You have been assigned as one of the scouts responsible for identifying talented players for a sports team in the elite league.

Task

a) Choose a sport and design a fitness and performance test battery that you would use for scouting players, highlighting:

- i. The warm-up activities (3)
- ii. The correct sequence of tests (non-fatiguing to the fatiguing tests) (10)
- iii. The set-up of the test stations (15)
- iv. Cool down activities (2)

6. Tech-Sport Consultant is a Testing, measurement and evaluation consultancy company that specialises in anthropometry and somatotyping. You are currently working for this company and you have been tasked to process the somatotype results from the measurements they recently carried out on players from different sport codes.

Task

a) Interpret and explain the following somatotype categories. Identify the sport they are likely to be playing.

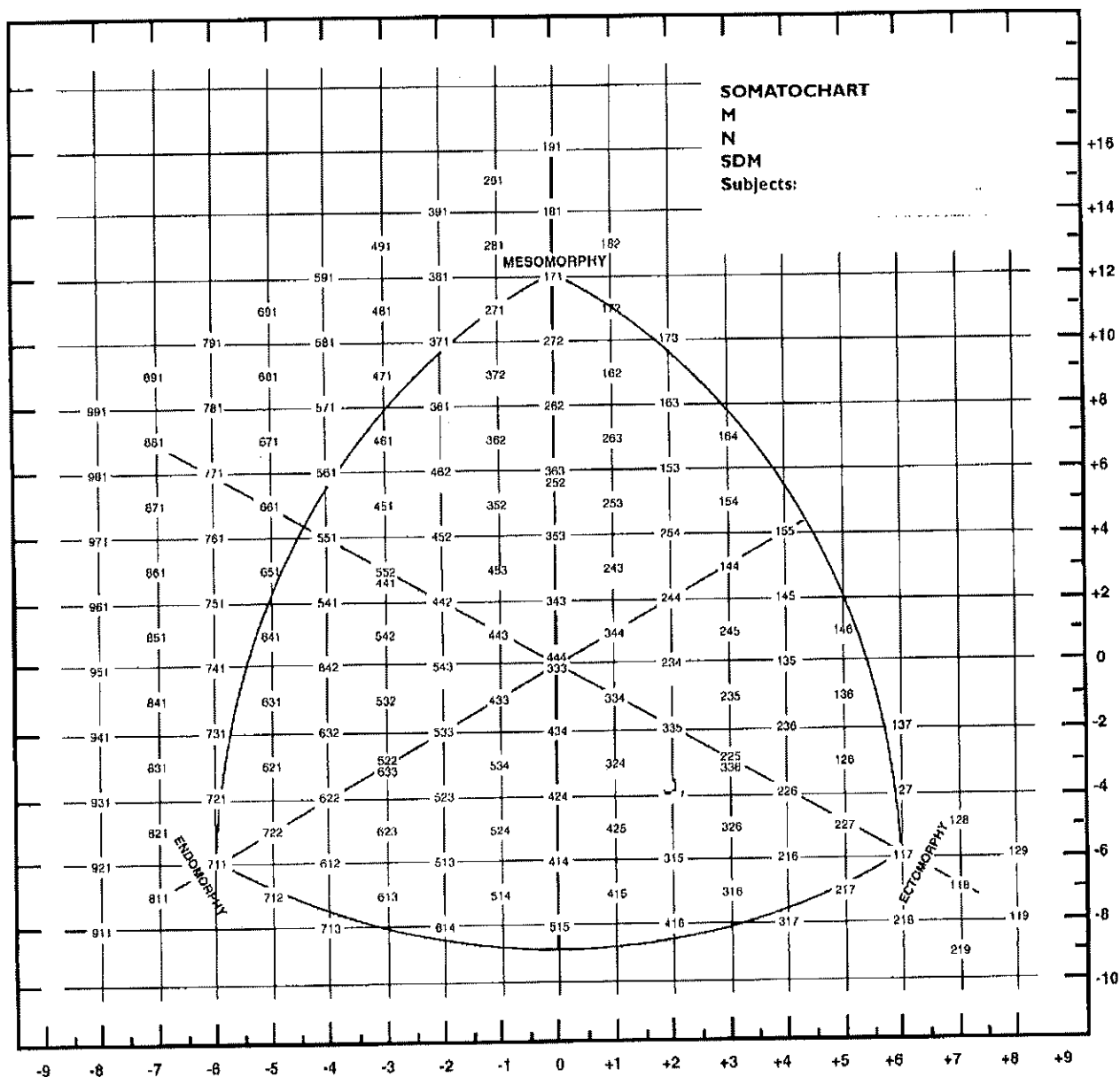
- i. 3 - 4 - 6 (4)
- ii. 4 - 2 - 6 (4)
- iii. 6 - 4 - 2.5 (4)
- iv. 3.5 - 4 - 6 (4)
- v. 2 - 6 - 4 (4)
- vi. 3 - 5 - 5 (4)

b) Plot the following somatotype categories on the tomato chart provided.

- i. 3.8 - 2 - 5
- ii. 1.5 - 5.5 - 3

NB: X - axis = (ectomorphy - endomorphy)

Y - axis = (2 x mesomorphy) - (endomorphy + ectomorphy)



END OF PAPER