

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE

SS504: SPORTS COACHING PEDAGOGY AND PRACTICE

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer **three** questions from Section A.

Section B is **compulsory**.

Exam 1

NOV 2023

Section A

- 1- It is very important to observe the principle of sensations of perception when you are developing a specific new technique. Explain the previous statement. **20 Marks**
- 2- Can we speak about a good, bad, or regular sport shape? Explain your answer. **20 Marks**
- 3- An athlete has to run 300 km in September. Distribute that quantity of kilometres among the four weeks of the month, keeping in mind the load type per week. **20 Marks**

	Week 1	Week 2	Week 3	Week 4
	Medium Load	High load	Very high load	Lower load
	4	6	7	3
Answer				

- 4- There is a strong correlation between the Excessive Load and the Negative Supercompensation. Please explain this statement. **20 Marks**
- 5- Describe the historical phases of the planning of the sport training and the period that embraces it. **20 Mark**

Section B.

6- Using the procedures learned in class, complete the percentage values of the dosage of the loads that appear in table A. Use the information from table B.

40 MARKS**TABLE A**

TABLE A																										
Macrocycle		1																								
Period		Preparatory										Competitive														
Stage		SGP					SSP					Competitive Stage														
No. Weeks	Calendar	1		2		3		4		5		6		7		8		9		10		11		SUM/ V	K	
		3	8	10	15	17	22	24	29	1	6	8	13	14	19	21	26	28	1	3	8	10	15			
Month		April										May										June				
		%	T	%	T	%	T	%	T	%	T	%	T	%	T	%	T	%	T	%	T	%	T			
Exercise 1		80		100		100		90		90		80		70		80		60		60		60				
Exercise 2		90		100		100		80		100		90		60		70		70		70		80				
Exercise 3		70		90		90		100		80		100		80		90		50		50		40				
Exercise 4		90		100		100		100		80		70		70		60		70		60		60				

TABLE B

Exercises	Average of repetitions for a training session	Training sessions used.
1	20	40
2	50	35
3	35	30
4	60	25

END OF PAPER