

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM 116: FUNDAMENTALS OF SPORTS AND EXERCISE SCIENCE AND MANAGEMENT (3)

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer **FOUR** questions.

NOV 2023

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1. Describe the following:
 - a. Nature of Olympics. [12 marks]
 - b. Olympic values and their goals. [13 marks]

 2. a. Distinguish between leadership and management. [10 marks]
b. Describe the role of governance in sporting organisations. [15 marks]

 3. a. Define sports performance. [5 marks]
b. Explain the basic functions of sports and exercise science. [20 marks]

 4. Discuss the main areas of sports and exercise science. [25 marks]

 5. Stress the importance of hydration of athletes pre-, during and post-activities. [25 marks]

 6. Describe the nature of technologies that can be used to enhance sports and exercise science in Zimbabwe. [25 marks]

END OF PAPER