

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: SPORTS SCIENCE
MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE
SS507 SPORTS PERFORMANCE ANALYSIS: EX3

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.

JUN 2025

Section A

1- A coach who used to train boys in the past is assuming a new job coaching a female soccer team.

Task: Based on the knowledge received during the semester, explain why this coach should pay attention to the psychological gender differences, and do it by offering examples of these differences.

[40Marks]

Section B.

2- A runner conducted a race test of 10800 meters in 60 minutes as part of the training load control process.

Task: To individualise training loads you must determine the training rhythm for 70%, 80%, 90%, and 95% of his aerobic rhythm.

[20Marks]

3- Training the different manifestations of the physical capacity of strength is paramount for most sports.

Task: Select one sport and explain how you would evaluate the physical capacity of strength, and how that information will help you plan and dose the training loads.

[20 Marks]

4- During the sports training process, several psychological components must be developed as part of the integral preparation of the athletes.

Task: In a sport of your choice, select two psychological components describe them, and explain why they are important.

[20Marks]

5- An athlete of high jump has a poor performance in competition. The coach needs to determine what factors are causing this situation.

Task: Based on the knowledge received during the semester, explain how you would analyse that athlete. **[20 Marks]**

6- Most Zimbabwean national football teams do not have analysts in their technical teams. As a sports scientist, you are given a task by the technical director to establish an Analysis Department.

Task: Discuss strategies and steps that you are going to take in helping the teams. **[20 marks]**

END OF PAPER