

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM216: ATHLETICS 1

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

JUN 2025

Answer two questions from Section A and two questions from Section B.

SECTION A.

Question 1:

In the sport of athletics, there are two classifications of flat races:

Describe these classifications and their technical phases with the aid of examples. (20 marks)

Question 2:

The races with hurdles are disciplines that need a great mastery of the technique.

Explain the phases used in the coaching of hurdle techniques. (20 marks)

Question 3:

Relay races are very exciting disciplines for spectators.

(20 marks)

a) Outline the types of relays that exist in athletics.

b) Describe the type of relay that is performed with visual control.

c) Explain the various preparation phase used to prepare athletes for relay races?

SECTION B

Question 4:

Compare the principles of readiness and that of individual response with reference to

specific examples. (30 marks)

Question 5:

How would you apply the following training methods to your athletics training program?

a) Fragmentary methods. (15 marks)

b) Decreasing exercise method. (15 marks)

Question 6:

As a high-performance athletics coach you have been invited to coach javelin throwing to a group of beginners

Task:

Explain in detail the techniques you would teach and the training drills you would use to develop them. (30 marks)

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