

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

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 2023

Section A

- 1- A coach that used to train boys in the past is assuming a new job coaching a female soccer team. Based on the knowledge received during the semester, explain why this coach should pay attention to the psychological gender differences. [40Marks]

Section B.

- 2- A runner carried out a race test of 10800 meters in 60 minutes. To individualize training loads you must determine the training rhythm for 70%, 80%, 90%, and 95% of his aerobic rhythm. [20Marks]
- 3- An athlete ran a test of 1500 meters in 5 minutes. To individualize loads of training you must establish his purpose rhythm of training for 400 meters, 600 meters, 800 meters, and one kilometre. [20Marks]
- 4- Training the capacity of strength is paramount for most sports. Select one sport and explain how you would evaluate the physical capacity of strength, and how that information will help you to plan and to dose the training loads. [20Marks]

5- "In sports training, the load without control is unthinkable and very dangerous". Analyse and explain the previous statement using different arguments and examples. **[20Marks]**

6- A coach needs to prepare a line-up for the next game, choosing the most suitable players for the occasion, based on the results obtained during the competition until that moment. Imagine that you are that coach, in a specific sport. Which way would you use to evaluate the previous competitive performance?

[20Marks]

END OF PAPER