

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 3

NOV 2024

Section A

- 1- The principles of sports training are laws that rule the training process. Taking them into account is indispensable for achieving the sport shape. Explain the interrelation that exists between any two principles of training. **20 Marks**
- 2- "In sports training, the load without control is unthinkable and very dangerous". Analyse and explain the previous statement using different arguments and examples. **20 Marks**
- 3- An athlete will run a total of 4000 km in his training session during the whole season. Distribute that quantity of kilometres among the following months of the year. **20 Marks**

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July
	70%	80%	85%	90%	100%	95%	85%	85%	80%	75%	70%
Answers											

- 4- It is essential to understand the law of biological adaptation to achieve the Sport Shape. Please explain this statement. **20 Marks**
- 5- To be successful in his work, a coach should possess several characteristics. Explain any three characteristics of a good coach. **20 Marks**

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 of Table B.

40 MARKS

TABLE A

Macrocycle		1																								
Period		Preparatory								Competitive																
Stage		SGP				SSP				Competitive Stage																
No. Weeks		1	2	3	4	5	6	7	8	9	10	11	SUM/ V		K											
Calendar		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	%	T		
Exercise 1	80		100		100		90		90		80		70		80		60		60		60		60			
Exercise 2	90		100		100		80		80		90		60		70		70		70		70		80			
Exercise 3	70		90		90		100		100		100		80		90		50		50		50		40			
Exercise 4	90		100		100		100		100		70		70		60		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