

BINDURA UNIVERSITY OF SCIENCE EDUCATION  
FACULTY OF SCIENCE AND ENGINEERING  
DEPARTMENT: SPORTS SCIENCE  
BACHELOR OF SCIENCE DEGREE IN SPORTS MANAGEMENT  
SSM 2212: TRAINING AND COACHING SCIENCE

MAR 2023

DURATION: 3 HOURS

TOTAL MARKS: 100

**INSTRUCTIONS TO CANDIDATES**

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

**Section A**

1. a) Explain various effects which are disclosed by the two-factor theory under the impact of the training load. (10 marks)
- b) Explain the specific nature of optimal loads in sports training. (10 marks)
2. Explain the following methods for developing aerobic capacities.
  - i) Continuous steady method. (10)
  - ii) Interval training method. (10)
3. a) Define positive discipline. (3 marks)
- b) Discuss the steps of preventive discipline in sport. (17 marks)

**Section B.**

4. As a sports scientist, you have been asked to present a paper at a scientific conference of how Global Positioning System and Dartfish technology can be used to transform sports coaching in Zimbabwe.

**Task:** Draft your presentation (30 marks)

5. As a high performance coach at a Bulawayo based sports club you have been asked to present a paper at a workshop entitled 'How to coach diverse athletes'

**Task:** Draft your presentation. (30 marks)

6. Assume you are participating in a sports science debate focusing on the topic "Coaching is a science and an art"

**Task:** Summarise the main points you will raise during the debate. (30 marks)

**END OF PAPER**