

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM215(3) TESTING MEASUREMENT AND EVALUATION IN SPORTS

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

OCT 2024

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

Section A

1. Explain the following body composition terms:
 - a) Body Mass Index (BMI). (5 Marks)
 - b) Waist-to-Hip Ratio (WHR). (5 Marks)
 - c) Body fat percentage (% BF). (5 Marks)
 - d) Fat Free Mass (FFM). (5 Marks)
2. Describe the concept of somatotype and its three primary categories: mesomorphs, ectomorphs, endomorphs giving sport examples. (20 Marks)
3. Discuss the factors that you may consider for selecting tests for testing, measurement and evaluation in sport. (20 Marks)

Section B

4. You have been hired as a fitness consultant for a health and fitness consultancy company. A group of middle aged adults came to the company looking to improve their overall health and fitness. As their fitness consultant, you want to test their levels of fitness before prescribing exercises for them.

Task:

Design a health-related fitness testing program for the group; highlight:

- i. the test for each component (5 Marks)
- ii. layout of the tests (10 Marks)
- iii. equipment needed for each test (5 Marks)
- iv. scoring for each test (10 Marks)

5. A professional basketball team has hired you as a performance specialist to monitor players' physical preparation throughout the competitive season. You have been tasked to track the players' changes to inform the individual training programme for each player.

Task:

Design the physical fitness testing programme using field based tests, highlight:

- i. physical fitness component, test and purpose of each test (10 Marks)
- ii. tests layout (5 Marks)
- iii. equipment needed for each test (5 Marks)
- iv. scoring for each test (10 Marks)

6. The Local High School Athletics Program is looking to establish a comprehensive fitness testing battery for their student-athletes across various sports. As a renowned sport scientist in the area, the school's athletic director has reached out to you for your expertise and recommendations.

Task:

- a) Recommend the specific fitness tests you would recommend to include in the test battery highlighting the purpose for each test (10 Marks)
- b) Explain the benefits of fitness testing to the high school's athletic program. (20 Marks)

END OF PAPER