

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM 216: ATHLETICS

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

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

SECTION A

ANSWER ANY TWO QUESTIONS FROM THIS SECTION

1. a.) Describe two types of baton exchange in relay racing. **[10 Marks].**
b.) Describe the steps by which the javelin throw is executed. **[10 Marks].**
2. It is often said that both psychological and physical considerations influence a successful sprint. What are these factors and why are they important? **[20 Marks].**
3. a. Illustrate the long and triple jump runway and landing pit measurements with the aid of a diagram. **[10 Marks].**
b. Explain any two long jump techniques. **[10 Marks]**

SECTION B

ANSWER ANY TWO QUESTIONS FROM THIS SECTION

4. Alycious is a 400-meter athlete who is preparing for the Olympic Games in France in 2024. The athlete is going for a qualifying competition in a week's time.

Task:

Draw a microcycle coaching plan for the athlete.

[30 Marks].

5. As a facilitator you have been requested to present a paper on coaching in athletics.

Task: Prepare a paper on the application of principles of training emphasising their importance in athletics.

[30Marks].

6. As a coach you have been tasked to train a beginner in high jump for one year.

Task: Come up with the periodization table for the athlete and how the coach can improve the athlete's performance.

[30 Marks].

END OF PAPER