

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: SPORTS SCIENCE
MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE
SS 508 Long Term Athlete Development

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.

Section A

1. You are appointed by the ministry of sports in your country to evaluate the successes and challenges of high-performance programs. Using knowledge from the LTAD prepare the report on your findings. **[40 marks]**

Section B.

The long-term athlete development model (LTAD) is not the only one used in the developments of athletes towards podium performance. Present at least two other models, citing: **[20 marks.]**

- a. Cite the countries where those two have been used.
 - b. Their advantages and disadvantages.
3. How would you explain to a single sports code academy the risks of early specialisation vs late specialisation. **[20 marks.]**
 4. What are the common issues you should consider during the process of identifying, nurturing and developing talented athletes? **[20 marks.]**
 5. In relation to long term athlete development, how do we approach training for youth athletes in a way that enhances sports performance and injury risk mitigation whilst also keeping this process fun and engaging? **[20 marks.]**
 6. The principal officer at your work place calls you their office, and shows willingness to support the LTAD program at the institution. Show a plan for them to understand the success factors and pillars for an effective sports organisation. **[20 marks.]**

END OF PAPER