



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY  
FACULTY OF MANAGEMENT SCIENCES**

**DEPARTMENT OF MARKETING & LOGISTICS**

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| <b>QUALIFICATION: BACHELOR OF SPORT MANAGEMENT</b> |  |
| <b>QUALIFICATION CODE: 07BOSM</b>                  | <b>LEVEL: 7</b>                                  |
| <b>COURSE CODE: SDC621S</b>                        | <b>COURSE NAME: SPORT DIDACTICS AND COACHING</b> |
| <b>SESSION: JANUARY 2019</b>                       | <b>PAPER: THEORY</b>                             |
| <b>DURATION: 3 HOURS</b>                           | <b>MARKS: 100</b>                                |

| <b>SECOND OPPORTUNITY EXAMINATION QUESTION PAPER</b> |                               |
|--|-------------------------------|
| <b>EXAMINER(S)</b>                                   | MR. V. MASOCHA (FT)           |
| <b>MODERATOR:</b>                                    | Mr. JOHN-GRAFTT NDUNGAUA (FT) |

| <b>INSTRUCTIONS</b>   |
|---|
| <ol style="list-style-type: none"><li>1. This paper consists of <b>FOUR (4)</b> questions</li><li>2. Answer <b><u>ALL</u></b> questions</li><li>3. For question 1 and 2 use the answer sheet on page 5</li><li>4. Write as legible as possible, and as precise as possible</li><li>5. Write your name and student number correctly</li><li>6. Marks to each question are indicated in brackets after the question</li></ol> |

For question 1 and 2, use the table provided on [page 5] to answer these questions, detach and insert it into your answer booklet.

[2 x 10 = 20 marks]

**QUESTION 1**

- 1.1 How often one exercises is -----
  - A. Duration
  - B. Frequency
  - C. Progression
  - D. Intensity
- 1.2 Increase the amount of physical exercise that you normally do.....
  - A. Overload
  - B. Progression
  - C. Frequency
  - D. Specificity
- 1.3 it is recommended that an individual should exercise for at least
  - A. 30 minutes per day
  - B. 1hr per day
  - C. 2 hrs per day
  - D. 3hrs per day
- 1.4 Exercising regularly helps to prevent ----
  - A. Malaria
  - B. Malnutrition
  - C. Tuberculosis
  - D. Diabetes
- 1.5 performing certain exercises targeting certain muscle group is called ----
  - A. principle of overload
  - B. principle of intensity
  - C. principle of specificity
  - D. principle of progression
- 1.6 How hard you exercise or how difficulty are the exercises that you do per session called—
  - A. Overload
  - B. Intensity
  - C. Specificity
  - D. Progression
- 1.7 training at various speed and duration like you are playing is called -----
  - A. Continuous training
  - B. Fartlek training
  - C. Speed training
  - D. Interval training
- 1.8 Training method that involves ‘following a fixed pattern of periods of strenuous exercise alternated with periods of rest or light activity’ and also helps to improve ability of muscles to burn fat is called -----
  - A. Fartlek
  - B. Continuous training
  - C. Interval training
  - D. High intensity interval training (HIIT)
- 1.9 Ability of a test to measure what it’s supposed to measure is-----

- A. Reliability
  - B. Validity
  - C. Criterion
  - D. Precision
- 1.10 the most unreliable method to measure body composition of an athlete is—
- A. Skinfold method
  - B. Bioelectrical Impedance Analysis (BIA)
  - C. Body Mass Index (BMI)
  - D. CT scan

**QUESTION 2** Answer True – [T] or False – [F]      (2x10=20 marks)

- 2.1 The corporative method is the best method among all the other coaching methods
- 2.2 There are four (4) ways to achieve the overload principle
- 2.3 The progress of an athletes is sorely an athlete's responsibility
- 2.4 Exposing the muscles, joints, cardiovascular, and respiratory system to higher workload and stress than normal is commended in order to improve your level of fitness
- 2.5 The major disadvantage of continuous training is that it does not improve speed or agility
- 2.6 The ability of a muscle or muscle group to exert a sub-maximal force repeatedly over a period of time is called muscular strength
- 2.7 Static stretching is slow and constant with the end position held for 10-30 seconds
- 2.8 Skinfold techniques is the cheapest and simplest method to measure body composition
- 2.9 The ability to run quickly and change directions is called agility
- 2.10 Ability to use two or more senses at the same time with body parts during movement is called coordination

**QUESTION 3**

3.1 Describe how you would measure body composition using the skinfold method. **(10 Marks)**

3.2 Describe the duties of a qualities of a good coach with reference to a specific sporting code  
**(10 marks)**

3.3 Analyze the possible causes of sports injuries **(10 marks)**

**QUESTION 4**

4.1 Analyze four (4) basic ways to achieve the overload in a physical fitness program **(15 Marks)**

4.2 List common signs of an injury **(5 marks)**

4.3. Discuss three categories of sport injuries **(10 marks)**

Student number: \_\_\_\_\_

Study mode: \_\_\_\_\_

Lecturer name: \_\_\_\_\_

**QUESTION 1: ANSWER SHEET**

*Detach and insert it into your answer booklet*

|      | A | B | C | D |
|------|---|---|---|---|
| 1.1  |   |   |   |   |
| 1.2  |   |   |   |   |
| 1.3  |   |   |   |   |
| 1.4  |   |   |   |   |
| 1.5  |   |   |   |   |
| 1.6  |   |   |   |   |
| 1.7  |   |   |   |   |
| 1.8  |   |   |   |   |
| 1.9  |   |   |   |   |
| 1.10 |   |   |   |   |

**QUESTION 2: ANSWER SHEET**

|      | TRUE | FALSE |
|------|------|-------|
| 1.1  |      |       |
| 1.2  |      |       |
| 1.3  |      |       |
| 1.4  |      |       |
| 1.5  |      |       |
| 1.6  |      |       |
| 1.7  |      |       |
| 1.8  |      |       |
| 1.9  |      |       |
| 1.10 |      |       |