



**PAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY**

FACULTY OF MANAGEMENT SCIENCES

DEPARTMENT OF MARKETING AND LOGISTICS

QUALIFICATION: BACHELOR OF SPORT MANAGEMENT	
QUALIFICATION CODE: 07BOSM	LEVEL: 7
COURSE CODE: SDC621S	COURSE NAME: SPORT DIDACTICS AND COACHING
SESSION: JANUARY 2020	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

2nd OPPORTUNITY EXAMINATION PAPER	
EXAMINER(S)	Mr. John-Graftt Ndungaua
MODERATOR:	Dr. Lovemore Matipira

<p style="text-align: center;">INSTRUCTIONS</p> <ol style="list-style-type: none">1. Answer all questions.2. Read all the questions carefully before answering.3. Marks for each question are indicated at the end of each question.4. This paper consist of three (3) sections, namely section A, B & C.5. Please ensure that your writing is legible, neat and presentable.6. For section A and B, use the table below to indicate the correct answer, detach it and insert it in the exam book. Write your name and student number.
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THIS QUESTION PAPER CONSISTS OF 4 PAGES (Including this front page)

Section A: Multiple Choice Questions (6 x 2 = 12)

Use the answer sheet on page 4, detach it and insert it into the exam book.

1. Aerobic refers to
 - a) The presence of oxygen
 - b) Activities that increases the heart rate
 - c) Works the cardiovascular and respiratory systems
 - d) None of the above
 - e) All of the above

2. The amount of time it takes to start a movement once your senses signal the need to move is:
 - a) Reaction time
 - b) Intensity
 - c) Speed
 - d) Agility
 - e) flexibility

3. The following are the benefit of exercise:
 - a) Improves Speech
 - b) Improves Appearance
 - c) Reduces range of motion
 - d) None of the above
 - e) All of the above

4. Suggestions for teaching skills in coaching sessions
 - a). Teach one skill at a time
 - b). Allow plenty of time to practice
 - c). Provide several different ways to practice a skill.
 - d). B & C
 - e). A, B & C

5. Most common causes of sport injuries
 - a) Genetic factors
 - b) Taking safety precautions
 - c) Appropriate equipment
 - d) All of the above
 - e) None of the above

6. Injury that is moderate, partial tear and only requires physiotherapy is categorised as:
 - a). 1st Degree injury
 - b). 2nd Degree injury
 - c). 3rd Degree injury
 - d). 4th Degree injury
 - e). None of the above

Section B: True and False Questions (6 x 2 = 12)

Use the answer sheet on page 4, detach it and insert it into the exam book.

1. Never give feedback both positive and corrective throughout the practice time, not just at the beginning and end.
2. If a participant is having trouble performing a skill, give them the information in a different way.
3. A technique is an innate ability of movement.
4. Tactical skills revolve around the decisions and actions of athletes in a contest to gain an advantage over the opposing team or athlete.
5. The first sporting event for the deaf occurred in 1924
6. The Paralympics were first held in 1848 in England.

**Section C
Questions 3 - 9.**

3. Explain what circuit training is with its advantages and give an example. **(20 marks)**
4. What is Fitness Assessment and what baseline does it measure? **(10 marks)**
5. What is the role of a Sport Coach? **(5 marks)**
6. Name and explain the three coaching styles that we looked at in class entails. **(12 marks)**
7. List 5 qualities of a good coach. **(5 marks)**
8. Define Fartlek Training with its advantages and disadvantages. **(10 marks)**
9. Define the and explain following words: Flexibility, Cross-Training and Weight Training. **(14 marks)**

Section A Multiple Choice Questions

#	A	B	C	D	E
1.					
2.					
3.					
4.					
5.					
6.					

(6 x 2 = 12)

Section B True or False Questions

	TRUE	FALSE
1.		
2.		
3.		
4.		
5.		
6.		

(6 x 2 = 12)