



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE FOR LIFELONG LEARNING.

Faculty of Science, Technology, Agriculture & Food Systems Development.

EXAMINATION PAPER 1

COURSE CODE : DSC116. SPORT COACHING METHODOLOGIES

COURSE TITLE : DIPLOMA IN SPORTS SCIENCE & COACHING

SPECIAL REQUIREMENTS : N/A

DURATION : 3 Hours

LEVEL : 1.1

DATE :

30 JUL 2024

INSTRUCTIONS TO CANDIDATES:

1. No cell phones are allowed in the examination venue.
2. Question 1 is compulsory and answer any Three (3) questions.
3. The number of marks for each question or part question is shown in brackets []
4. Begin each answer on a new page.
5. **DO NOT OPEN THIS PAPER UNTIL THE INVIGILATOR INSTRUCTS YOU.**

QUESTION 1.

Discuss the importance of communication and feedback in effective coaching. **(25 Marks)**

QUESTION 2.

Design a sample training program for a beginner runner aiming to improve their 5km race time. **(25 Marks)**

QUESTION 3.

Evaluate the FITT (Frequency, Intensity, Time, and Type) principle and its importance in designing effective training programs. **(25 Marks).**

QUESTION 4.

Explain in detail the key characteristics of a good coach? **(25 Marks)**

QUESTION 5.

In Zimbabwe Sports Science is not given priority and most clubs do not consider it important? Comment **(25 Marks)**

QUESTION 6

Analyze the biomechanics of the squat exercise, identifying the major muscle groups involved and potential areas of injury. **(25 Marks).**

