



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE FOR LIFELONG LEARNING.

Faculty of Science, Technology, Agriculture & Food Systems.

EXAMINATION PAPER

COURSE CODE : DSC123

COURSE TITLE : SPORT COACHING METHODS

SPECIAL REQUIREMENTS : N/A

DURATION : 2 Hours

LEVEL : 1.2

DATE :

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.**

SECTION A – COMPULSORY

QUESTION 1

Case Study

Read the following case study and answer the questions that follow:

"ABC Sports Team is a youth soccer team that is struggling to perform well in games. The team's coach, John, has a very autocratic coaching style and focuses primarily on winning. The athletes are unhappy and are not developing their skills as quickly as they could be. John is considering changing his coaching style to a more democratic approach, but is unsure if it will be effective."

Questions:

1. What are the key issues with John's current coaching style? **(5 Marks)**
2. How might a democratic coaching style benefit the athletes and the team? **(10 Marks)**
3. What are the potential challenges of changing to a democratic coaching style, and how might John address them? **(10 Marks).**

SECTION B

QUESTION 2

- (1) What is the primary goal of sports coaching? **(5 Marks)**
 - a) To win games
 - b) To develop athletes' skills and knowledge
 - c) To promote physical fitness
 - d) To build team morale
- (2). Which of the following is a key principle of effective sports coaching? **(5 Marks)**
 - a) Creating a positive learning environment
 - b) Focusing on winning at all costs
 - c) Ignoring athletes' individual needs
 - d) Using only one coaching style