



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE OF LIFELONG LEARNING

EXAMINATION PAPER

MODULE CODE : DSC113
MODULE TITLE : STRENGTH CONDITIONING AND
MOVEMENT TECHNIQUES
DURATION : 2 Hours
LEVEL : 1.1
DATE :

27 NOV 2025

INSTRUCTIONS TO CANDIDATES:

1. No cell phones are allowed in the examination venue.
2. Use of silent, non-programmable calculators is allowed
3. Answer **Question 1** and any other **TWO** in Section B.
4. Begin each question on a new page.
5. The number of marks for each question or part question is shown in brackets []
6. Show all workings, where applicable.

SECTION A (40 MARKS)

Answer all questions

1. Define strength and briefly explain why it is important for any sports person to possess it (10)
2. Explain explosive and maximal strength (10)
3. Briefly explain what strength training is all about, (10)
4. A) what is resistance training (2)
b) Name the different types of exercises that can be used to improve resistance (4)
c) What can an athlete do to improve conditioning (4)

SECTION B (60 MARKS)

ANSWER ANY THREE QUESTIONS FROM THIS SECTION

Each question carries 20 marks

5. Design a ten station circuit training program for a long distance runner. The activities should focus on improving strength and conditioning (20)
6. Name and explain any one protocol that can improve speed in an individual. (20)
7. List and describe any four types of resistance training exercises. (20)
8. Giving examples explain why movement techniques are crucial for a sports person (20)
9. Briefly describe Newton's third law giving examples (20)

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