



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE OF LIFELONG LEARNING

EXAMINATION PAPER

MODULE CODE : DSC123
MODULE TITLE : SPORT COACHING METHODS AND
TECHNIQUES
DURATION : 2 Hours
LEVEL : 1.1
DATE : 28 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. Briefly explain the five Rs of coaching(10)
2. What does modern coaching encompass (10)
3. Define coaching techniques and explain why they are important in sports coaching. (10)
4. Explain any five different types of coaching styles in sport (10)

SECTION B (60 marks)

ANSWER ANY THREE QUESTIONS FROM THIS SECTION

5. In detail explain the factors that are to be considered when choosing the most effective coaching style to employ. (20)
6. Design a training program for any sporting discipline of your choice(20)
7. Explain in detail the key areas of sports psychology (20)
8. How do sports psychology improve athletes performance(20)
9. Motivation can improve an athlete s performance in any sporting discipline. Discuss? (20)

1/0 (pm)