



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE FOR LIFELONG LEARNING

FACULTY OF LAW, BUSINESS INTELLIGENCE AND ECONOMICS

EXAMINATION PAPER

MODULE CODE : DSC113

MODULE TITLE : Strength, Conditioning and Movement Techniques

DURATION : 2 Hours

LEVEL : 1:1

DATE : 10 JUN 2025

INSTRUCTIONS TO CANDIDATES:

1. Section A is **Compulsory** and answer any **Three (3)** from Section B
2. Number of marks for part questions are shown in brackets
3. Start each question on a new page
4. Answer sheets are provided

SECTION A (40 MARKS)

1. Strength is a critical component of fitness for many sports codes, discuss, (10)
2. Giving sports specific examples differentiate between dynamic, static and explosive strength.(10)
3. What are the different types of exercises one can use in order to build strength, (10)
4. A) Define conditioning (2)
b) Name any four modalities that can enhance strength training in an individual (4)
c) List any four exercises that can build muscular strength (4)

SECTION B (60 MARKS)

5. Design a ten station circuit training program for an elite footballer. The activities should focus on improving muscular strength. (20)
6. Name and explain any one protocol that can improve agility in an individual. (20)
7. Discuss any four types of conditioning training. (20)
8. Giving examples explain what movement techniques are (20)
9. Briefly describe the four types of motions (20)

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