



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE (PHYSICAL AND HEALTH EDUCATION)

HPE 501: DIDACTICS AND METHODS OF A SELECTED SPORT

DATE: MONDAY 4TH APRIL 2011

TIME: 2.00 P.M. - 5.00 P.M.

INSTRUCTIONS

Answer question One and any other two.

1. a) “An effective sports coach exhibits a wide range of characteristics” Elaborate. (15 marks)
b) Expound on the technical roles of a sports coach. (15 marks)
2. Explain the styles of coaching and methods of training that you would apply as a coach in a sports discipline of your choice. (20 marks)
3. Justify the introductory and final phases of a typical athletic training session. (20 marks)
4. a) Using examples, elaborate on the following forms of feedback as they relate to instruction in coaching.
i) Intrinsic (5 marks)
ii) Augmented (7 marks)
b) Expound on the essentials of effective feedback. (8 marks)
5. “You have been asked by your principal to conduct a sports instruction programme for children under the age of twelve (12) years.” Elaborate on the aims and guidelines for carrying out the programme for children in this age category. (20 marks)