



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (SPORTS SCIENCE)

SSS 403: COACHING SCIENCE

DATE: Wednesday, 30th December, 2009

TIME: 2.00 p.m. – 4.00 p.m.

INSTRUCTIONS:

Answer any **THREE** questions, each in a separate booklet.

1. a) Expound on the following as used in coaching science:
 - i) coaching (4 marks)
 - ii) Observation of performance (4 marks)
 - iii) Training (4 marks)
- b) One of the coach's main tasks is to analyse accurately and assess performance. Expound on the challenges encountered by coaches using the following techniques to accomplish the stated tasks
 - i) Hand notation (4 marks)
 - ii) Human memory (8 marks)
2. a) Explain notational analysis as used by coaches during the coaching process (8 marks)
- b) Use shooting in Basketball to explain qualitative and quantitative notational analysis in a coaching process (16 marks)

3. a) Discuss the role of feedback in coaching Science (12 marks)
- b) Differentiate between knowledge of results and knowledge of performance as forms of feedback in a game sport (12 marks)
4. a) Sequence the steps a coach would follow to improve performance of a young player in any team sport. (12 marks)
- b) Explain the roles of a coach as a:
- i) Motivator (4 marks)
 - ii) Technician (4 marks)
 - iii) Teacher (4 marks)
5. Explain the following as used by coaches in improving performance in sports
- a) Evaluation (5 marks)
 - b) Planning (4 marks)
 - c) Periodisation of training (10 marks)
 - d) Skills practices (5 marks)