CONFIDENTIAL GDS3013

UNIVERSITI UTARA MALAYSIA

FINAL EXAMINATION
FIRST SEMESTER 2007/2008 SESSION

CODE/COURSE : GDS3013 SPORTS AND COACHING
DATE : 12 NOVEMBER 2007
TIME : 9.00 – 11.30 AM (2½ HOURS)
VENUE : IPPPP

INSTRUCTIONS:

1. This exam paper contains TWO (2) sections i.e., Section A and Section B, in THREE (3) printed pages, excluding the cover page.
2. Section A contains TWELVE (12) structured questions. Section B contains TWO (2) essay questions. You are required to answer ALL the questions.
3. Answer Section A and Section B on the answer sheets provided.
4. Answers to Section A and Section B should be separated.
5. You are NOT ALLOWED to remove the exam paper from the examination hall.

MATRIC NO.: 

(in words) 

(in figures)

IDENTITY CARD NO.: 

LECTURER: EN. MOHD ROSLI BIN A. RAHMAN

GROUP: A TABLE NO.: 

DO NOT OPEN THE PAGE UNTIL YOU ARE TOLD TO DO SO

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SECTION A (60 marks)

INSTRUCTION:
Answer ALL questions.

1 Name 3 components in formulating a coaching philosophy to improve coach/athlete satisfaction and to achieve superior athletic results. (3 marks)

2 State ONE (1) coaching style and list down THREE (3) characteristics of that coaching style. (4 marks)

3 Communication skills between a coach and his athletes are very essential. List 5 methods a coach could ensure effective communication. (5 marks)

4 Define motivation. (2 marks)

5 Give an example of constructive feedback using the ‘Sandwich Approach’. (4 marks)

6 List THREE (3) theories in explaining violence-aggression in sports. (3 marks)

7 Describe FIVE (5) ways to curb aggression in sports that can be taught to children. (10 marks)

8 Identify and explain THREE (3) principles of training. (10 marks)
9  List **FIVE** (5) health problems which are related to being overweight.  

(5 marks)

10  (a) What is Mental Imagery?  

(2 marks)

(b) Name **FIVE** (5) important uses of Mental Imagery.  

(5 marks)

(c) Give an example of how a coach could use mental imagery to enhance his athletes' performance.  

(2 marks)

11  State **TWO** (2) benefits of strength training.  

(2 marks)

12  State **THREE** (3) procedures a first-aider must adhere to before administering CPR to a casualty.  

(3 marks)
SECTION B (40 marks)

INSTRUCTION:
Answer ALL questions

1. Discuss ways to manage stress. Give examples for each of the factors given.
   (20 marks)

2. Plan a circuit training program for 5 stations keeping in mind the principles in this type of program. Explain the objective, procedure and duration/counts for each station. Use diagrams wherever necessary.
   (20 marks)

END OF EXAM PAPER