UNIVERSITI UTARA MALAYSIA

FINAL EXAMINATION
FIRST SEMESTER 2008/2009 SESSION

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<tr>
<th>KOD/SUBJECT NAME</th>
<th>GDS3013 SPORT AND COACHING</th>
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<tr>
<td>DATE</td>
<td>10 NOVEMBER 2008</td>
</tr>
<tr>
<td>TIME</td>
<td>9.00 - 11.30 A.M (2 1/2 HOUR)</td>
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<td>LOCATION</td>
<td>IPP PULAU PINANG</td>
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INSTRUCTIONS:
1. This exam paper contains TWO (2) sections, 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. You are NOT ALLOWED to remove the exam paper from the examination hall.

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<tr>
<th>MATRIC NO.</th>
<th>(in words)</th>
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| LECTURER          | EN. MOHD ROSLI BIN A. RAHMAN |

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<th>GROUP</th>
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DO NOT OPEN THE PAGE UNTIL YOU ARE TOLD TO DO SO
SECTION A (60 marks)

INSTRUCTION:
Answer ALL questions.

1. Define motivation. (2 marks)

2. State TWO (2) benefits of strength training. (2 marks)

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

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

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

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

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

8. Communication skills between a coach and his athletes are very essential. List FIVE (5) methods a coach could ensure effective communication. (5 marks)
9 List **FIVE (5)** signs that can help you to detect your athlete are taking drugs.

   (5 marks)

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

   (10 marks)

11 Identify and explain **THREE (3)** principles of training.

   (10 marks)

12 (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)
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