



NATIONAL SENIOR CERTIFICATE EXAMINATION
NOVEMBER 2011

SPORT AND EXERCISE SCIENCE: PAPER II

Time: 2 hours

150 marks

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

1. This question paper consists of 4 pages and an Answer Booklet of 8 (i – viii) pages. Please check that your question paper is complete. Detach the Answer Booklet from the middle of the question paper.
 2. Answer all questions.
 3. Questions 1 – 6 must be answered in the Answer Book. All other questions (7 – 12) must be answered in your Answer Booklet.
 4. Read the questions carefully.
 5. Number the answers exactly as the questions are numbered.
 6. Use the total marks for each question as an indication of the detail required.
 7. It is in your own interest to write legibly and to present your work neatly.
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QUESTION 1

- 1.1 A golfer miss-hits a drive down the fairway, but amazingly the ball makes it onto the green. If the golfer doesn't move on, mentally speaking, and refocus, he is likely to miss the next putt.
- 1.1.1 Using your knowledge of sport psychology, recommend how the golfer should refocus before executing the putt. (5)
- 1.1.2 Define **motivation**. (1)
- 1.1.3 Describe how over-arousal could affect a golfer's performance. (3)
- 1.1.4 Aspirant golfers like all budding athletes, should set goals to help them attain higher performance standards. In the case of golfers, what factors could interfere with goal attainment? List what could contribute to this. (3)
- 1.2 At the Sydney Olympic Games in 2000, in which 10 300 athletes competed, there were 3 100 medals to be won in total, with 1 000 of them being gold medals. This means that 10 300 athletes were vying for 1 000 gold medals. Were 9 300 athletes *really* losers?
- 1.2.1 Why do athletes prepare so long and so hard if most are likely to lose? (4)
- 1.2.2 Recommend how an athlete should prepare for 'losing' in the context of an event like the Olympic Games, regardless of the time and effort spent training with every intention to win. (5)
- 1.3 When playing a team sport like hockey or soccer, in relation to the demands of the sport, a player's concentration typically switches back and forth from narrow to wide focus of attention.
- 1.3.1 Provide 2 examples when an athlete in a team sport requires a **narrow** focus of attention. (2)
- 1.3.2 Provide 2 examples when an athlete in a team sport requires a **wide** focus of attention. (2)
- [25]

QUESTION 2

Draw up a risk assessment checklist for a road cycle race.

[5]

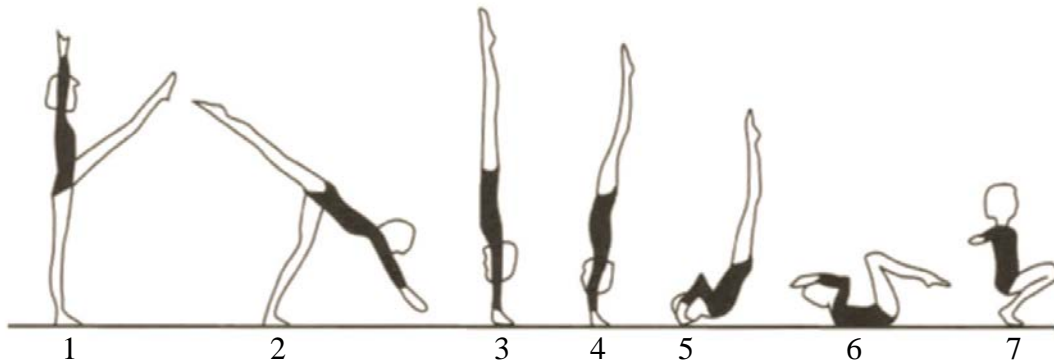
QUESTION 3

The head coach at a club or school should always attend to the safety of all players. Guidelines regarding the **intensity** and the **duration** of training sessions should always be applied.

- 3.1 What guidelines regarding the intensity and the duration of training sessions would you apply? (5)
 - 3.2 To train effectively the athlete will need to be placed progressively under 'managed'. Using the concept Training threshold, explain that the level of stress being imposed, is appropriate. (2)
 - 3.3 Explain the concept Overtraining. (2)
 - 3.4 What signs and symptoms signal that an athlete is Overtraining? (4)
- [13]**

QUESTION 4

A gymnastic coach should be able to analyse gymnastic movements using their knowledge of biomechanics. A detailed biomechanical analysis will help the coach provide precise, accurate performance information to the athlete. Apply your knowledge in biomechanics to analyse the gymnastic skill illustrated below.



[Taken from: *NCEA Physical Education Workbook*. Craig Lineham. 2005. ABA Books Ltd]

For each numbered (1 – 7) illustration provide at least one **biomechanical feature** and at least one **coaching point**. Tabulate your response.

[20]

QUESTION 5

To gain power and distance when throwing or kicking a ball, the amount of momentum applied will influence the outcome. Summation of all forces applied by each body part is necessary.

To gain maximum momentum, when throwing or kicking a ball, how is **Force Summation** best applied?

[4]

QUESTION 6

A South African National Rugby or Netball team is made up of players selected on merit from all 9 provinces.

6.1 Before the National Rugby or Netball team becomes a *united* team, ready for competition, they will go through several stages of team development. Identify and describe these stages. (8)

6.2 Several *training camps* are normally planned so that players experience problem solving, teamwork and bonding activities. Design and explain four activities that could be held at such a camp which would help players in the team gel and cohere into a strong unit. (8)
[16]

Question 7, 8, 9, 10, 11 and 12 must be answered in the Answer Booklet provided.

Total: 150 marks