



DECEMBER 2014 SUPPLEMENTARY EXAMINATION

PROGRAMME : HUMAN MOVEMENT STUDIES
SUBJECT NAME : HUMAN MOVEMENT STUDIES 2B
SUBJECT CODE : MBK2B02/HMS2BB2
DATE : DECEMBER 2014
DURATION : 1 HOUR
TOTAL MARKS : 50

EXAMINER : MR AJJ LOMBARD
MODERATOR : PROF Y COOPOO

INSTRUCTIONS TO CANDIDATES: PLEASE ANSWER ALL
QUESTIONS

NUMBER OF PAGES :

QUESTION 1

Name and briefly explain the five (5) types of strength training according to Bompa and Carrera (2005). (15)

QUESTION 2

Briefly discuss any four (4) of the six (6) intensity training zones as proposed by Bompa and Carrera (2005) (8)

QUESTION 3

Discuss your approach to the order of exercises, number of repetitions and sets as well as the rest intervals to be considered when designing a resistance training programme. (14)

QUESTION 4

Briefly discuss the periodization of a yearly training plan. (10)

QUESTION 5

Name any three (3) phases of strength periodization. (3)

TOTAL: 50