



Names:

Index number

T102

08:30 – 11:30 AM

TVET NATIONAL EXAMINATIONS, RTQF LEVEL 5, 2020-2021

QUESTIONS and ANSWERS BOOKLET

OPTION/TRADE: FOOTBALL

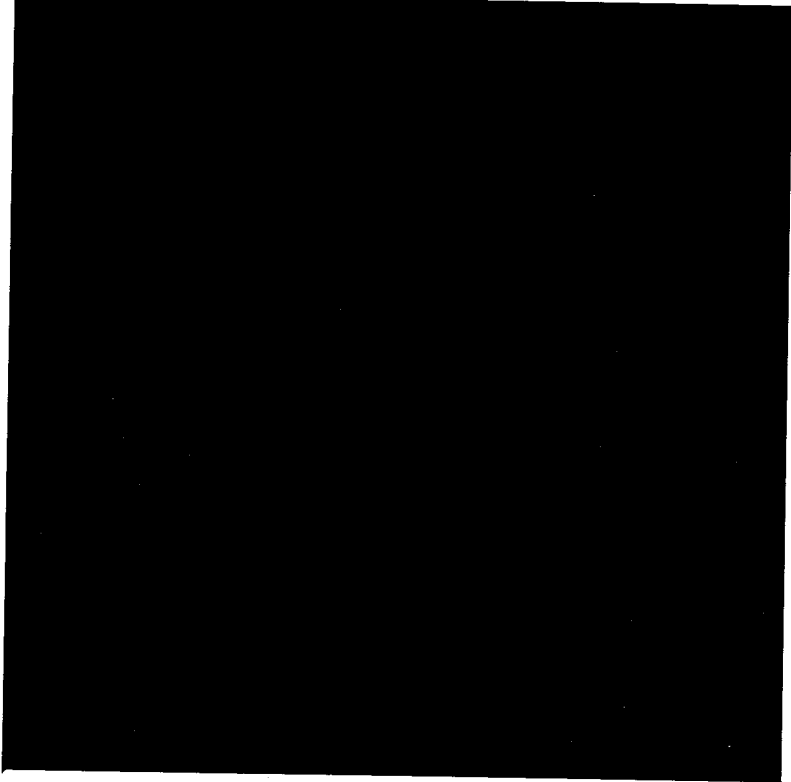
SUBJECT: Player's physical fitness development

ACADEMIC YEAR: **2020-2021**

Read carefully the instructions on page (i) & (ii).

FOR EXAMINER'S USE ONLY

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TVET NATIONAL EXAMINATION, RTQF LEVEL 5, 2020-2021

INSTRUCTIONS TO CANDIDATES: PART I (Answer Booklet)

1. A candidate should fill in the actual names and the index number on the cover of this questions and answer booklet on the provided place (Black Box).
2. It is illegal for a candidate to write any of his/her names, index number or a school name inside the answer booklet.
3. A candidate should check if all pages of the answer booklet are complete. No candidate should remove or tear any pages or part of it from the answer booklet.
4. A candidate should answer in the language in which the examination is set. (See page **(ii)**)
5. A candidate should sign on the sitting plan when submitting the answer booklet. He/she has also to check if the answer booklet is well sealed.
6. No extra paper is allowed in the examinations room. If a candidate is caught with it his/her results will be nullified.
7. No candidate is allowed to write answers not related to the subject being sat for, otherwise it will be considered as a cheating case.
8. Write your answers on the 12 lined pages (From page 1 of 12 to page 12 of 12).
9. Use the last non-lined pages as draft.
10. Results for any candidate who is caught in examination malpractices are nullified. The cheating can be recognized during examinations administration, marking exercise or even thereafter.

TVET NATIONAL EXAMINATION, RTQF LEVEL 5, 2020-2021

OPTION/TRADE: FOOTBALL

SUBJECT: Player's physical fitness development

DURATION: 3 hours

INSTRUCTIONS TO CANDIDATES: PART II(Question paper)

The paper is composed of two (2) Sections as follows:

Section I: Attempt all the Twelve (12) questions	(60 marks)
Section II: Attempt any Four (4) questions out of Six (6)	(40 marks)

Allowed materials:

- Ruler or square
- Calculator

Note:

Every candidate is required to carefully comply with the provided assessment instructions.

Section I : Attempt all the Twelve (12) questions**(60 marks)**

- 01.** Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.
- a. Give the physical qualities elements of a football player. **(3 marks)**
- b. What are the objectives of endurance training?
Give only four (4) objectives. **(2 marks)**
- 02.** There are many supports personal and resources available to assist with Nutritional issues. What are the resources of nutritional requirements and personal support? **(5 marks)**
- 03.** Cooling down is an easy exercise, done after a more intense activity, to allow the body to gradually transition to a resting or near-resting state. Depending on the intensity of the exercise, cooling down can involve a slow jog or walk.
- a) Identify contraindications for cooling down exercises. **(2 marks)**
- b) List out the precautions for cooling down exercises to a football player. **(3 marks)**
- 04.** From the following factors, some are modifiable and others are non-modifiable health risk factors based on training program. Indicate by circling/underlining (A) if it is a modifiable factor, and (B) if it is a non-modifiable factor.
- | | | |
|---|---|-------------------|
| A | B | Poor Nutrition |
| A | B | Gender |
| A | B | Inactivity |
| A | B | Cholesterol level |
| A | B | Age |
- (5 marks)**
- 05.** A football player needs adequate time to recuperate from training and competition. It is during rest periods that athletes' bodies adapt to the stress placed upon them during intense workout sessions and competitions. Rest also provides time for a mental preparation and reflection.
- a) What are the recovery methods in football? **(3 marks)**
- b) What is importance of a recovery to a football player during and after physical exercise? **(2 marks)**
- 06.** Testing battery refers to the complex of the tests that are performed in short period of time, typically within 1 or 2 days. The advantage of the testing battery in relation to single test is that it gives a more complex feedback of the state of the athlete and allows evaluating multiple abilities.
- a) Enumerate at least five (5) battery tests used in football. **(2.5marks)**
- b) What is importance of practice strength and power and how it is performed? **(2.5marks)**

- 07.** In sports training load is a central concern/phase through which performance of a sportsman is improved. Every sports training consists of physical exercises/ movements which causes fatigue. Fatigue is directly a product of training load which helps in the process of adaptation. Therefore, training load and fatigue are important for any kind of sportsman performance. What are the measures of training load and their components? **(5 marks)**
- 08.** As advised by specialists, there are basic conditioning techniques for the improvement of all physical qualities of a football player.
- a) What are those conditioning techniques? **(2.5 marks)**
- b) How must those techniques be used to endurance? **(2.5 marks)**
- 09.** On the line next to each athlete's body mass index (BMI) in column **A**, match the letter of guide in column **B** that is main character of that body mass index. Each guide in column **B** can be used only once. **(5 marks)**

Column A (Body Mass Index).

Column B (guide).

..... 1. Less than 18.5

A. Obese

..... 2. between 18.5 and 24.9

B. overweight

..... 3. between 25.0 and 29.9

C. normal weight (healthy)

..... 4. above 30.0 and above

D. under weight

- 10.** Using the easier way, calculate the maximum heart rate of the referee age 30 years old in order to provide a rough guide? **(5 marks)**
- 11.** Paul weights is 150kgs and 1.8m height (tall). Depending on his weight and height, he can belong to one of the weight categories. Calculate his body mass index (BMI) and determine which weight category Paul belongs to. **(5marks)**
- 12.** The following principles are health risks factors:

1.Smoking

2.Age

3. Blood pressure

4. Inactivity

5. Stress

6. Personal health story

7. Gender

8. Pulmonary disease

9. Obesity

10. Metabolic disease

Fill in gap all the corresponding number matched to the risk factors above:

a) are modifiable factors.

(2.5 marks)

b) are none modifiable factors.

(2.5 marks)

Section II: Attempt any Four (4) questions out of Six (6) (40 marks)

- 13.** Heart rate is the speed of the heartbeat measured by the number of contractions (beats) of the heart per minute.
- a) How can you measure the heart rate during warm up exercises? **(5 marks)**
- b) What is a good measure of heart rate to a football player? **(5 marks)**
- 14.** There are a number of popular methods used by athletes to enhance recovery. Their use will depend on the type of activity performed, the time until the next training session or event and equipment and/or personnel available. Identify ten (10) most popular recovery techniques for athletes. **(10 marks)**
- 15.** Nutrition of a football player needs to be complete and balanced in order to develop football skills.
- a) Identify five (5) signs and symptoms associated with possible nutritional deficiencies. **(5 marks)**
- b) Give five (5) diseases and disorders caused by nutritional deficiencies. **(5 marks)**
- 16.** The principles of training promote a steady (fixed) and specific increase in physical ability by specifically adapting a training regime to the needs of a sport, and most importantly, to the individual needs of each player. Choose the correct word below to complete the sentences. **(10 marks)**
- a. Adaption
- b. Overload
- c. specificity
- d. Rest
- e. Recovery
1. The training loads must be increased gradually, they must also allow the body to adapt to avoid injury. Varying the type, volume, and intensity of training load allows the body an opportunity to over-compensate and recover. This what we call

2.principle asserts that the best way to develop physical fitness is to train the energy systems and muscles as closely as possible to the way that they are used in a particular sport.
 3.refers to the body's ability to adjust to increased or decreased physical demands. Repeatedly practicing a skill or activity makes it second nature and easier to perform.....
 4.is time spent sleeping and not training or exercising. This means letting yourself sleep in or indulging in a nap.
 5.is the technique that can help relieve muscle soreness, improve flexibility, and restore energy storage levels. This is where popular methods of cross-training come in.
17. To enhance peak performance in the sporting activity, a football player needs nutritional practices. Identify five (5) health practices for good performance in sport activity. **(10 marks)**
18. a) Overtraining is described as chronic overwork type training where the subject may be training with too high intensity or high volume and not allowing sufficient recovery time for the body. Determine five (5) overtraining signs/symptoms to a football player. **(5 marks)**
- b) Cardiovascular endurance is the ability to exercise without becoming overly tired because your heart, lungs and blood vessels are healthy. How can you improve the capacity of your cardiovascular endurance? **(5 marks)**

