

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN COACHING
JANUARY 2021 EXAMINATION**

**PROFESSIONALISM
[CO212ASC]**

YEAR 2

DURATION: 2 HOURS

INSTRUCTIONS: DO ALL questions in section A and ANY TWO (2) questions from section B.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A - 30 Marks

This section contains eight (7) short answer questions: Please answer all questions

1. a) Distinguish between the terms professional and professionalism (2 marks)
b) Use an example to illustrate each answer (2 marks)
2. Identify 2 coaching styles and explain in brief two challenges of using each style (8 marks)
3. Identify five factors affecting the use of a coaching style of your choice coaching styles.
(5 marks)
4. Distinguish between the code of ethics and code of conduct, using examples to illustrate your answer (5 Marks).
5. List three responsibilities of a National Governing Body of any sport. (3 marks)
6. a) Explain the term holistic coaching (3 marks)
b) Use an example to illustrate each answer (2 marks)

SECTION B: 40marks

INSTRUCTIONS: ANSWER any two (2) QUESTIONS

1. Identify (2 marks) and discuss four roles and four responsibilities of sport coaches, using examples from a sport of your choice within a high school {18 marks}
(20 marks)
2. Choose four characteristics of a professional sports coach and explain how each can affect the performance of an athlete. (20 marks)
3. Discuss five ethical standards that coaches needs to bear in mind when athlete's share personal issues with them. [20 marks]
4. Articulate your coaching philosophy {4 marks}. Discuss how this philosophy might influence the coaching approach that you adopt. [16 marks]
(20 marks)

END OF EXAMINATION