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Throwing Technique of Mngqwayi (stick throwing) a Kalanga Indigenous Game

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*A Research Project submitted to the National University of Science and
Technology in partial fulfilment of the requirement of*

**Bachelor of Science Honours Degree in
Sports Science and Coaching**

**DEPARTMENT OF SPORTS SCIENCE AND COACHING
FACULTY OF APPLIED SCIENCE**


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June 2008

Science and Technology

ABSTRACT

This study was part of the research under the Institute for Rural Technologies title "Revival and Promotion of Indigenous Traditional Games and Recreational activities for cultural tourism in Masendu Ward. This study focused on one of the traditional indigenous game that was identified in Masendu called Mngqwayi. This research focused on the throwing techniques of Mngqwayi. Specifically this project identified phases of the throwing technique, facility and equipment of Mngqwayi. Key elements of the throwing technique during each phase were identified and discussed. The data was collected using observation, video analysis, demonstration or trail throws and interviews. Eighteen Mngqwayi throwers participated in the study. A number of knowledgeable community members were interviewed on the game. Videos were used to analysis the throwing technique of Mngqwayi. Subjects were allowed several trail throws for demonstration. The main objective of the study was to analysis the throwing technique to identify the phases of the throwing technique for the process of institutionalizing and sportifying the game of Mngqwayi. It was also important to analysis the throwing technique so as to enhance throwing efficiency and performance of Mngqwayi throwers among the Kalanga people. Such Knowledge gained from the study would be used as tools to improve the velocity of the stick and distance it travels, control and consistency during the throwing phases. This study also gave way to come up with coaching points for the game of Mngqwayi. Analysing the throwing technique would also assist to identify potential risk factors for injury athletes may come across during throwing. Like in many other sports Mngqwayi also has specific injuries that would affect Mngqwayi throwers. These may lead to limitation in performance. There is need therefore for further research on the game of Mngqwayi to revive and promote the game.

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