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BACHELOR OF SCIENCE (HONS) SPORTS SCIENCE

*TRADITIONAL WATER GAMES OF THE KARANGA PEOPLE OF SOUTHERN MASVINGO
(ZIMBABWE)*

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A research submitted to the Department of Sports Science and Coaching in partial fulfillment of the requirements of a Bachelor of Science Honours Degree in
Sports Science and Coaching



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Abstract

The research served to identify traditional water games of the Karanga people of southern Masvingo. The research aimed at preserving them through documentation. This research also further gave a description of the game, procedure of play, benefits, age groups and the time of the season they were played

The available literature by different authors who have carried out research that are similar or inclined towards this study was also reviewed and used as a foundation to this study.

The following were used as research tools to gather data: observation checklist, interview schedules and focus group discussions. A number of games were obtained, however the 10 most popular games were recorded in this paper. Conclusion and recommendations for the paper were made.