

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1105

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1105: SPORTS MODULE (FUNDAMENTALS OF GYMNASTICS)

MAY 2005

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer any four questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. Discuss what gymnastics is and how gymnastics has developed over the centuries? [25 marks]
2. a) Discuss the aspects of movement in gymnastics. [13 marks]
b) Explain the four components of movement gymnastics. [12 marks]
3. Laban expressed movement in four different observable ways.
 - a) List the four aspects. [8 marks]
 - b) Explain each of these aspects [17 marks]
4. What are the most important symbols in Gymnastics? Illustrate your answer. [25 marks]
5. Discuss the factors that make up a good gymnast. [25 marks]
6. a) Describe the sequence of teaching a forward roll. [15 marks]
b) What is the most important physical motor quality in Gymnastics and why? [10 marks]

END OF EXAMINATION QUESTION PAPER