

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

JANUARY 2011

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. a) State the major coaching points a teacher should emphasize when teaching the following gymnastics skills to beginners:-
 - i) The front roll. [3 marks]
 - ii) The back roll. [3 marks]
 - iii) The head stand. [3 marks]
 - iv) The handstand [3 marks]
- b) Assuming that each skill in 1a) has been mastered, describe how you would enrich each of the skills. [13 marks]
2. A coach is given six mats and 1 trampette to introduce the theme of flight to a group of 14 students in 2 hours.
 - a) Describe how the coach can use the Command Style to achieve his/her objective. [15 marks]
 - b) Enumerate major technical errors the coach can anticipate in such a session. [5marks]
 - c) State how the mistakes listed in 2b) can be corrected. [5 marks]
3. Safety is an important consideration in gymnastics sessions. Using the context of educational gymnastics and trampoline, describe the measures a coach should take to ensure the safety of students during lessons. [25 marks]
- 4 Discuss Laban's principles of movement as they relate to gymnastics. [25 marks]

5. a) Fear hinders performance in gymnastics, especially in those who start learning gymnastics late in life. Describe strategies that a teacher should use to reduce fear in beginner Gymnasts who are 20 years old and above. [15 marks]
- b) Gymnastics performance is motivated by success. How can a coach taking a class of mixed ability in gymnastics ensure that all students experience success. [10 marks]
6. a) Present a set of graded activities that a teacher can use to teach trampolining to a group of 13 beginner trampolinists. Assume that the teacher is given 1 trampoline and five, two hour sessions. [15 marks]
- b) Discuss mistakes to be expected from such a group of students.. [10 marks]

END OF EXAMINATION