

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1213: SPORTS SPECIALITY MODULE - SWIMMING

MAY 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) What is the most commonly made error when performing the back float? [5 marks]
- b) Explain how you would correct this error. [5 marks]
- c) Describe the sequence, teaching techniques and coaching points you would employ to teach the back float to beginners. [15 marks]
2. a) List the sequential steps involved in teaching the front crawl stroke. [10 marks]
- b) Describe/explain the coaching points for each step. [10 marks]
- c) The six beat count is “the glue” of the crawl strokes. Explain why this is so and its importance. [5 marks]
3. a) What is the count for the breast stroke? [5 marks]
- b) Name the components of the breast stroke. [5 marks]
- c) Explain the coaching points for each component. [10 marks]
- d) Which component should be taught first and why? [5 marks]
4. a) What is the most common mistake when swimming the breast stroke? [5 marks]
- b) When teaching the breast stroke, what are the purposes of the “float” count? [10 marks]
- c) Which aspects of Physical Fitness should a warm-up for swimming address? [10 marks]

5. a) Name five common mistakes when swimming the front crawl stroke. [10 marks]
- b) Explain how you would correct each mistake. [15 marks]
6. a) Name the strokes you will/should have mastered by the end of your course. [5 marks]
- b) What is meant by “internalization” as it relates to swimming? [5 marks]
- c) Explain the importance of “internalization”. [5 marks]
- d) Name and explain the value of two land drills. [10 marks]

END OF EXAMINATION