

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2214

FACULTY OF APPLIED SCIENCES
BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS
DEPARTMENT OF SPORTS SCIENCE AND COACHING
THEORY: SSC1214: SPORTS SPECIALITY MODULE (TENNIS)

MAY 2005

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 square brackets.

1. a) With reference to rule 1 of tennis illustrate the dimensions of the lawn tennis court. [10 marks]
b) Briefly describe and explain the dos and don'ts of lawn tennis. [15 marks]
2. a) Outline the good communications skills which should be used by a coach in lawn tennis. [11 marks]
b) Which coaching style is considered most suitable for beginners and why? [14 marks]
3. Explain the five different determinants of ball control in lawn tennis. [25 marks]
4. For each of the following basic strokes indicate and describe which grips are used in each of them.
 - (i) Forehand drive
 - (ii) Backhand drive
 - (iii) Serve
 - (iv) Volley
 - (v) Smash[25 marks]
5. a) Outline in detail the stages of the forehand drive, use diagrams where necessary. [15 marks]
b) Briefly describe the following shots.
 - (i) Approach shot
 - (ii) Passing shot[10 marks]
6. Explain how the following aspects of mental training can be of importance to a tennis player.
 - (i) Commitment
 - (ii) Competitive spirit
 - (iii) Self confidence[25 marks]

END OF EXAM QUESTION PAPER