

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC1214: SPORTS SPECIALITY MODULE (TENNIS)**

AUGUST 2009

3 HOURS (100 MARKS)

## **INSTRUCTIONS**

Answer **four** 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) Outline the following rules in tennis:-
  - i) Choice of side or service rule (3 marks)
  - ii) Faults (rule 9) (7 marks)
  - iii) Foot fault (rule 7) (3 marks)
  - iv) Serving in doubles (rule 33, 35) (5 marks)
- b) Outline the do's of tennis. (7 marks)
2. a) Describe the responsibilities of a coach in tennis. (5 marks)
- b) Explain the good communicator skills of a tennis coach. (20 marks)
3. Explain the main aspects of mental training for a tennis player. (25 marks)
4. Explain the most important determinants in the:-
  - i) Direction of the ball (7 marks)
  - ii) Height of ball (6 marks)
  - iii) Spin of ball (6 marks)
  - iv) Distance/depth of ball (6 marks)
5. Differentiate the types of grips that can be used in tennis. (25 marks)
6. Identify and explain the elements of a forehand drive. (25 marks)

**END OF EXAMINATION**