

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

SSC2114

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC2114: SPORTS SPECIALITY MODULE (TENNIS)**

DECEMBER 2005

3 HOURS (100 MARKS)

**INSTRUCTIONS**

Answer any four questions only.

1. a) Explain the general principles of spin. (12 marks)  
b) Describe the two types of spin which are used on the ground strokes. (13 marks)
2. Of the two types of spin in (1) choose one and discuss its advantages, limitations and degree. (25 marks)
3. Compare and contrast the simple principles of strategy and tactics for singles play and doubles play in tennis. (25 marks)
4. a) Describe and explain the phases of play at the beginner and low intermediate level I. (15 marks)  
b) Explain how you can teach beginners shot selection. (10 marks)
5. a) Discuss the five types of feeding from different positions of the court which the coach should be able to perform (15 marks)  
b) Outline common problems in feeding. (10 marks)
6. a) Outline the advantages of combining static and dynamic progressions. (5 marks)  
b) Outline the progression for introducing grip change on ground stroke and a typical service progression. (20 marks)

**END OF EXAMINATION QUESTION PAPER**