

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

SSC2213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC2213: SPORTS SPECIALITY MODULE (TENNIS)**

DECEMBER 2004

3 HOURS (100 MARKS)

**INSTRUCTIONS**

Answer any four questions only.

1. a) Outline the guidelines for demonstrating strokes and progressions in tennis. (15 marks)  
b) Briefly explain the five types of feeding from different positions on the court. (10 marks)
2. Describe the two types of teaching progressions which are used to introduce tennis to beginners. (25 marks)
3. Outline a training program to develop any two of the following in tennis.  
(i) Flexibility  
(ii) Endurance  
(iii) Speed (25 marks)
4. Explain any two drills which are used in training tennis. (25 marks)
5. Explain the simple principles of strategy and tactics for single play. (25 marks)
6. Differentiate the types of grips that can be used in tennis. (25 marks)

**END OF EXAMINATION QUESTION PAPER**