

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2214: SPORTS SPECIALITY MODULE (TENNIS)

OCTOBER 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. Outline all the stages of the static progressions in tennis. (25 marks)
2. Describe how the two progressions dynamic and static are combined in the teaching of tennis to beginners. (25 marks)
3.
 - a) What consideration should be taken when structuring appropriate teaching formations and drills. (14 marks)
 - b) Outline the checklist for evaluating the effectiveness of your drills. (11 marks)
4. Explain how one can improve the following in tennis:-
 - a) Flexibility (12 marks)
 - b) Speed (13 marks)
5. Outline the elements of a ground stroke. (25 marks)
6. Explain the technical diagnosis checklist used for:-
 - a) Service stroke (13 marks)
 - b) Forehand stroke (12 marks)

END OF EXAMINATION