

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL PROGRAMME

THEORY: SSC2214: SPORTS SPECIALITY MODULE - TENNIS

APRIL 2014

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 brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. Outline the classical versions of the basic tennis strokes. **(25marks)**
2. Explain the following factors to consider in order to improve the game of tennis:
 - i) Reception skills. **(13marks)**
 - ii) Projection skills. **(12marks)**
3. Outline the common challenges and solutions for starter players. **(25marks)**
4. Explain the following competition formats for starter players:
 - i) Up and Down escalator. **(12marks)**
 - ii) Clock system. **(13marks)**
5. Explain the guideline for parents and guidelines for coaches for the talent development model for tennis players. **(25marks)**
6. Explain the on court drills for the development of the following psychological skills:
 - i) Motivation. **(7marks)**
 - ii) Emotional. **(6marks)**
 - iii) Self confidence. **(6marks)**
 - iv) Independence. **(6marks)**

END OF EXAMINATION