

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4114

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4114: SPORTS SPECIALITY MODULE (TENNIS)

FEBRUARY 2010

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 the following feeding types:-
 - i) Underhand toss (5 marks)
 - ii) Drop feed (5 marks)
 - iii) Racket feed (5 marks)
 - iv) Racket feed without bouncing ball (5 marks)
 - v) Volley feed (5 marks)
2. Outline the guidelines for demonstrating strokes and progressions. (25 marks)
3.
 - a) Outline the types of service returns. (10 marks)
 - b) Explain the approach shot. (15 marks)
4. Write brief notes on the following stances of tennis:-
 - i) Platform stance. (12 marks)
 - ii) Pinpoint stance. (13 marks)
5. Outline factors to consider when selecting tennis shoes. (25 marks)
6. Outline the principles of strategy and tactics for single play. (25 marks)

END OF EXAMINATION