

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4213: SPORTS SPECIALITY MODULE - SWIMMING

MAY 2011

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. List twenty-five teaching techniques appropriate for teaching swimming. [25 marks]
2. The “sacred D’s” are the foundation for successful and effective teaching of swimming strokes and skills. Explain this statement, using examples to support/illustrate your explanation. [25 marks]
3. List five benefits of swimming [25 marks]
4. Explain in a sequential manner how you would teach “treading water”. [25 marks]
5. a) “What would be your rationale for teaching the Breathing Exercise? Include in your explanation at least five of its benefits. [10 marks]
- b) Explain the physiological process of the Breathing Exercise. [10 marks]
- c) What in particular makes this exercise so effective? [5 marks]
6. a) Discuss the difference between a Coach and a Physical Education Teacher. [10 marks]
- b) To be truly effective, what traits/qualities should a good coach have? [15 marks]

END OF EXAMINATION