

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4214: SPORTS SPECIALITY MODULE (TENNIS)

AUGUST 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. a) Outline the correction techniques of ground strokes. (25 marks)
2. Using examples describe the following tournaments in tennis:-
 - i) Knock out tournament (15 marks)
 - ii) School ladder (5 marks)
 - iii) Pyramid ladder (5 marks)
3. Using tables draw out players for a round Robin tournament for:-
 - i) Six players (6 marks)
 - ii) Eight players (8 marks)
 - iii) Ten players (11 marks)
4. a) Outline the components of physical fitness in tennis. (10 marks)
b) Explain why physical fitness is important in tennis. (15 marks)
5. Explain the stretching programme of a tennis player to improve flexibility. (25 marks)
6. Value and explain the importance of the following tennis equipment:-
 - i) Rackets (10 marks)
 - ii) Strings (10 marks)
 - iii) Footwear (5 marks)

END OF EXAMINATION