

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4113

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4113: SPORTS SPECIALITY MODULE - SWIMMING

JANUARY 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. a) Explain in a sequential manner how you would teach the back crawl. [10 marks]
b) State the main coaching points for each component. [10 marks]
c) List five common mistakes made when performing the backstroke. [5 marks]

2. (a) What is the relationship between the breathing exercise and swimming? [5 marks]
(b) List five benefits of this exercise. [10 marks]
(c) Explain the physiological process which occurs during the breathing exercise. [10 marks]

3. a) You have been pushed to master various swimming strokes perfectly. Why is simply learning to perform 'reasonably well' not good enough, as it relates to teaching swimming skills. [15 marks]
b) 'One picture is worth a thousand words'. Explain this statement as it relates to swimming. [10 marks]

4. a) What is treading and what is its purpose/value? [10 marks]
b) List the steps to be taken when teaching treading in a sequential manner. Include coaching points. [15 marks]

5. a) List the teaching sequence of the front crawl swimming stroke. [10 marks]
b) What is another term for "automatic performance", and what is its importance? [10 marks]
c) Which muscles in particular, need to be strong in order to perform the back stroke effectively. [5 marks]

6. a) What are the components of the front crawl arm movement? [3 marks]
b) List the common mistakes made when breathing while performing the front crawl. [10 marks]
c) What are the common mistakes of the front crawl stroke arm action? [12 marks]

END OF EXAMINATION

