

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1105

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1105: FUNDAMENTALS OF GYMNASTICS

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. With examples discuss the characteristic features and typical results of using the following teaching styles in Gymnastics;
 - a) The command style (13 marks)
 - b) The practice style (12 marks)

2. Your community has requested that you direct play activities aimed at the facilitation of development through the exploration of gross motor skills in grade zero pupils at a festival.
 - a) Draw up a plan of minor games that you could use that you could use to develop imagination, spatial exploration and cooperation among the participants. (15 marks)
 - b) Briefly outline 5 safety considerations that you would make when dealing with this population group. (5 marks)
 - c) Why do you think minor games would be appropriate for pre- gymnastic skills development among preschoolers? (5 marks)

3. Novice gymnasts commit multiple errors when executing **the forward roll, head stand and the cartwheel**.
 - a) Outline the common errors observed in each of the skills (12 marks)
 - b) With reference to the **hand stand**, how would you progressively guide your gymnasts to a successful and aesthetic display? (8 marks)

- c) How would you spot for swift and efficient display of a cartwheel? (5 marks)
4. You have been invited to educate prospective gymnastic coaches on the essence of warming up.
- a) Discuss the essential elements about warming up that you would include in your presentation. (12 marks)
 - b) Draw up a sample warm up programme that would help your participants to understand your presentation in **4. a)** in preparation for a lesson on tumbling. (13marks)
5. Briefly explain;
- a) Why are young, agile lean body females ideal candidates for Olympic gymnastics as opposed to their older and rigid male counterparts? (5 marks)
 - b) Propose a conditioning activity in each case for the development of the following fitness components;
 - i. Upper extremity strength (4 marks)
 - ii. Lower extremity strength (4 marks)
 - iii. Abdominal strength (4 marks)
- NB: adequately grade all activities or exercises.***
- c) Briefly explain any 4 factors that influence the development of flexibility among gymnasts. (8 marks)
6. With examples, relate masculine and feminine Olympic gymnastic stunts to the physical, mental and anatomical fitness components that they demand. (25 marks)

END OF EXAMINATION