

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1213: SPORTS SPECIALITY MODULE – (SWIMMING)

MAY 06

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Questions can be written in any order. 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. Describe the fundamental features of the front crawl swimming technique. (25 marks)
2. Design a coaching session plan for coaching each of the front crawl technique's fundamental features. (25 marks)
3. a) Explain the law of buoyancy and its effects on swimmers. (13 marks)
b) Describe the effect of relative motion in swimming. (12 marks)
4. Make brief notes on the following resistance forces in swimming.
 - a) Surface drag (8 marks)
 - b) Form drag (8 marks)
 - c) Wave drag (9 marks)
5. Critically analyse how the characteristics of a swimmer affect drag. (25 marks)
6. Identify five (5) common errors or faults with beginners of front crawl and show how you as a coach will correct each of them. You can use a table for your presentation. (25 marks)

END OF EXAMINATION QUESTION PAPER