

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BLOCK RELEASE PROGRAMME

THEORY: SSC1213: SPORTS SPECIALITY MODULE - SWIMMING

MAY 2012

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. With reference to the Front Crawl explain the following statement:-
Each stroke is made up of components and each of these components is further divided into sub-components. [25 marks]
2. What are the most common errors made when performing the following:
(i) Back float.
(ii) Front float.
Explain how you would correct them. [25 marks]
3. Name the common mistakes made when swimming the Front Crawl and explain how you would correct them. [25 marks]
4. Describe the coaching points for each sequential step involved in the teaching of the Breast Stroke. [25 marks]
5. (a) List ten teaching techniques for swimming which you have been introduced to. [10 marks]
(b) What are the most common errors made when performing the Breast Stroke? Explain how you would correct them. [15 marks]
6. You have been given a group of non-swimmers to teach swimming over a two week period. The group has a one hour daily session. Describe the activities you would do with them. In your answer give a detailed description of what would be done in each session. [25 marks]

END OF EXAMINATION