

# 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 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. List and explain the activities you would undertake with a group of non-swimmers before you would teach the Front Crawl. [25 marks]
2. Describe and explain the activities you would do with a group of non-swimmers who are afraid of water. [25 marks]
3. (a) Name and Explain the aspects of Physical Fitness that a warm up for swimming should address? [10 marks]  
(b) Name the components of the Breast Stroke and describe the coaching points for each component. [15 marks]
4. (a) What is meant by 'internalization' as it relates to swimming? [5 marks]  
(b) Explain the importance of 'internalization' [10 marks]  
(c) Name and explain the importance of two land drills. [10 marks]
5. Give a detailed exposition of the benefits of swimming. [25 marks]
6. Describe the coaching points for each sequential step involved in the teaching of the Breast Stroke. [25 marks]

**END OF EXAMINATION**