

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1214: SPORTS SPECIALITY MODULE (TENNIS)

JUNE 2004

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 square brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. (a) Briefly discuss the origins and development of Tennis. [13 marks]
(b) Interpret the service delivery rules (6,8,10), the faults rule (9) and the let rule (12) as in the rules of tennis booklet. [12 marks]
2. (a) Explain the role and qualities of a good coach in tennis. [15 marks]
(b) Which coaching style do you consider suitable for beginners and why? [10 marks]
3. (a) Explain the main aspects of mental training for a tennis player. [13 marks]
(b) Tennis is a game of competition. Explain why a coach has to develop a healthy competitive philosophy in players. [12 marks]
4. What recommendations would you give a tennis coach to ensure the development of the main aspects of mental training. [25 marks]
5. (a) What determines the distance/depth, spin and speed of the ball in tennis? [15 marks]
(b) How can you develop and perfect these important aspects of tennis in players? [10 marks]
6. Briefly describe the main elements of the following strokes:-
(i) Forehand drive [13 marks]
(ii) Backhand drive [12 marks]

END OF EXAM QUESTION PAPER