

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)

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. Outline the following rules of Lawn tennis.
 - (i) Service delivery rules (4 marks)
 - (ii) The let rule (4 marks)
 - (iii) Player loses point rules (4 marks)
 - (iv) Good returns rules (4 marks)
 - (v) Changing side rule (4 marks)
 - (vi) Scoring rules (5 marks)
2.
 - a) Briefly explain the good communication skills of a tennis coach. (10 marks)
 - b) Describe the three coaching styles used in tennis. (15 marks)
3.
 - a) Explain the main aspects which are important for mental training for tennis players. (15 marks)
 - b) Explain the different ways of dealing with misbehaviour in tennis. (10 marks)
4.
 - a) Explain why a coach has to develop a healthy competitive philosophy in the players. (15 marks)
 - b) Describe an approach shot. (10 marks)
5. Explain the most important determinants in the;
 - (i) Direction of the ball. (5 marks)
 - (ii) Height of ball. (5 marks)
 - (iii) Distance and depth (5 marks)
 - (iv) Spin (5 marks)
 - (v) Speed (5 marks)
6. Describe the elements of a forehand drive. (25 marks)

END OF EXAMINATION QUESTION PAPER