

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 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) a) Outline the following rules in tennis:-
 - i) The Let rule (rule 12). [4 marks]
 - ii) The Faults rule (rule 9). [8 marks]
 - iii) Player loses point rule (rule 16, 17, 18). [6 marks]
- b) Explain the don'ts of tennis. [7 marks]
- 2) Explain what makes a good tennis coach. [25 marks]
- 3) a) Explain the main aspects of martial training for a tennis player. [15 marks]
- b) How does a good Tennis Coach deals with misbehavior correctly? [10 marks]
- 4) Tennis is a game of competition. Explain the positive aspects which coaches Should emphasize in order to cultivate a healthy competitive philosophy in young players. [25 marks]
- 5) Explain the most important determinants in the:-
 - i) Direction. [7 marks]
 - ii) Height. [6 marks]
 - iii) Distance. [6 marks]
 - iv) Speed of the ball in tennis. [6 marks]
- 6) Explain the different types of grips that can be used in tennis. [25 marks]

END OF EXAMINATION