

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2113

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

MARKING KEY

OCTOBER 2009

1.
 - a) The kick, arm movement, breathing (5 marks)
 - b) The kick should be taught first, because it is the anchor of the stroke and gives great support for staying afloat, thus providing a feeling of security. (10 marks)
 - c) The breathing should be taught last, because it is not an easy skill to master, and would cause confusion were an attempt to teach it earlier was made. (10 marks)

2.
 - a) Teaching the breathing of the crawl stroke in a sequential manner and incorporating it into the other parts of the stroke
 - Demonstrate the skill
 - Explain the procedure
 - Stress the six beat count
 - Turn head to the side and lay it on the surface of the water
 - Twist the mouth to the side, open and inhale to the count of 1,2,3. Close mouth.
 - Turn head. face downwards, facing bottom of the pool, open mouth and exhale (blow bubbles), to the count of 4,5,6
 - Practice the kick, using a kick board.
 - Practice with arm movement, using a kick board
 - Incorporate into entire stroke. (15 marks)
 - b) The crawl has a six beat count and it is important because it assists the swimmer in coordinating the various components of the stroke. (10 marks)

3.
 - a) The duration of the Breathing Exercise is 10-15 minutes. (5 marks)
 - b) The Breathing Exercise is a valuable teaching tool, because it teaches one to relax, on important components for effective swimming. (10 marks)
 - c) Benefits of the Breathing Exercise (five to be listed)
 - 1) It relaxes
 - 2) It reduces stress
 - 3) It invigorates
 - 4) It reduces high blood pressure
 - 5) It contributes towards longevity
 - 6) It combats insomnia (10 marks)

4. Various teaching techniques:-
 - Demonstrations by teacher
 - Explanations
 - Manual movements
 - Rhythmical clapping

- Use of kickboards
- Land drills
- Videos/charts
- Demonstrations by advanced students
- Staggering
- Water drills (25 marks)

- 5.
- a) The kick should be taught first, because it is the anchor and greatly assists in keeping the learner afloat. (5 marks)
 - b) The six beat count is important because it greatly assists in coordinating the stroke; it is applicable to the crawl stroke. (10 marks)
 - c) The most common mistake made when swimming the breast stroke, is moving the legs and arms simultaneously. (4 marks)
 - d) The purposes of the “float” count of the breast stroke are:
 - 1) To gain distance from the power of the arm and leg movements.
 - 2) To rest momentarily.
 - 3) To mentally prepare for the next cycle. (6 marks)
- 6.
- a) The breast stroke kick count is 2/3,4 (2 marks)
 - b) The breast stroke components are:
 - The kick
 - The arm movement
 - Breathing (3 marks)
 - c) Coaching points for each component:
 - i) Kick
 - legs extended
 - bend legs, towards chest, slightly apart
 - spread legs wide
 - whip legs together
 - ii) Arm stroke
 - arms extended
 - turn palms sideways
 - pull arms diagonally opposite shoulders
 - bend arms, hands together (prayer position) slightly in front of chest
 - Extend arms in front of body, changing hands from prayer position to original position.
 - iii) Breathing
 - Head remains in upright position throughout
 - Eyes focus on an object straight ahead
 - Inhale on the count of “one”
 - Exhale on the count of “two,three,four” (15 marks)
 - d) The kick should be taught first, because it acts as an anchor and the power of the kick greatly assists in keeping the learner afloat. By the time the learner is learning the arm movement the kick should have become automatic, thus freeing the learner from having the focus on it. (5 marks)

END