

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2113

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## THEORY: SSC2113: SPORTS SPECIALITY MODULE (SWIMMING)

FEBRUARY 2010

3 HOURS (100 MARKS)

### INSTRUCTIONS

Answer **four** 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) What are the components of the crawl stroke? (5 marks)
  - b) Which component would you teach first and why? (10 marks)
  - c) Which component of the crawl stroke would you teach last and why? (10 marks)
2.
  - a) Explain in a sequential manner how you would teach the breathing component of the crawl stroke, and how you would incorporate it into the other parts of the stroke. (15 marks)
  - b) What is the count for the crawl stroke and what is its importance? (10 marks)
3.
  - a) What is the duration of the Breathing Exercise? (5 marks)
  - b) Why is the Breathing Exercise a valuable teaching tool for the teaching of swimming? (10 marks)
  - c) List five benefits of the Breathing Exercise. (10 marks)
4. There are more than twenty teaching techniques that can be used to teach various swimming skills and strokes. List and explain the value/purpose of five teaching techniques. (25 marks)
5.
  - a) Explain how the elementary back stroke differs from the breast stroke regarding leg and arm coordination. (5 marks)
  - b)
    - i) Why is the six-beat count an important teaching technique? (5 marks)
    - ii) To which stroke is the six-beat count applicable? (5 marks)

- c) What is the most common mistake made when swimming the breast stroke? (4 marks)
- d) When teaching the breast stroke, what are the purposes of the 'float'/glide or 4<sup>th</sup> count? (6 marks)
6. a) What is the count for the breast stroke kick? (2 marks)
- b) Name the components of the breast stroke. (3 marks)
- c) Explain the coaching points for each component. (15 marks)
- d) Which component should be taught first and why? (5 marks)

**END OF EXAMINATION**