

# 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**

JANUARY 2011

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) Explain what is meant by 'internalization' as it relates to swimming. [5 marks]  
b) What is the importance of 'internalization'? [5 marks]  
c) How are automatic performances best achieved in swimming? [5 marks]  
d) How does the breathing exercise relate to swimming? [10 marks]
  
2. Describe in detail how you would teach the breast stroke? [25 marks]
  
3. a) Name and explain two important values of land drills. [10 marks]  
b) What is the importance of teaching the skill "bracketing?" [5 marks]  
c) Explain how you would teach bracketing. [10 marks]
  
4. Getting students to co-ordinate the components of a stroke is difficult. Explain and discuss the coaching points, which greatly assist in achieving this. [25 marks]
  
5. a) What is the count for the front crawl stroke? [5 marks]  
b) Name the components of the front crawl stroke. [6 marks]  
c) List the common errors most frequently made for each component and the stroke as a whole. [14 marks]
  
6. a) What is 'treading', and what is its importance? [10 marks]  
b) Explain how you would teach 'treading'. [15 marks]

**END OF EXAMINATION**