

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2114

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2114: SPORTS SPECIALITY MODULE – TENNIS

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) Outline the strategies and tactics for doubles in tennis. [25 marks]
- 2) Outline the advantages a tennis player has on each of the following spins:-
 - a) Topspin [10 marks]
 - b) Underspin [10 marks]
 - c) Topspin serve [5 marks]
- 3) Using examples explain the following guiding principles for beginners:-
 - a) Consistency vs Risk taking [7 marks]
 - b) HIT THE BALL DEEP [6 marks]
 - c) Develop a high margin for error [6 marks]
 - d) Recovery for next shot positioning [6 marks]
- 4)
 - a) Outline the three phases of play in tennis. [15 marks]
 - b) Using a diagram describe the four identifiable zones of play in tennis. [10 marks]
- 5)
 - a) Outline key points about safety for a group lesson of tennis players. [15 marks]
 - b) Write brief notes on the following:-
 - i) Underhand toss [5 marks]
 - ii) Volley feed [5 marks]
- 6) Outline the steps for a groundstroke progression. [25 marks]

END OF EXAMINATION