

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2213: SPORTS SPECIALITY MODULE (SWIMMING)

AUGUST 2009

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) The “sacred D’s” are the foundation for successful effective teaching of swimming skills. Explain this statement; use examples to fortify/illustrate your explanation. (25 marks)
2. a) List the benefits of the breathing exercise. (20 marks)
b) How does this breathing exercise relate to swimming? (5 marks)
3. a) Explain the importance of the six-beat count relative to the front crawl stroke. (5 marks)
b) What are the components of the front crawl arm stroke? (1 mark)
c) What are the common errors for the front crawl arm stroke? (3 marks)
d) How would you correct the errors mentioned in 3(c)? (16 marks)
4. List and explain the five aspects of teaching any swimming skill. Indicate their purpose and what you would be trying to achieve. (25 marks)
5. Explain how you would teach the breast stroke. (25 marks)
6. a) What is another way of expressing the term “automatic performance” as it relates to swimming? (5 marks)
b) Explain what is meant by the expression “automatic programme” (5 marks)
c) How is an “automatic” performance achieved? (5 marks)
d) How does the breathing exercise relate to swimming? (5 marks)
e) Aside from teaching/coaching swimming, what should be your function as a coach? (5 marks)

END OF EXAMINATION