

# 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**

MAY 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) Why is the back stroke easier to perform than the front crawl? [3 marks]
- b) Name the common mistakes made when performing the back crawl. [10 marks]
- c) Explain how you would correct these mistakes. [10 marks]
- d) Which muscles in particular need to be strong in order to perform the back stroke effectively? [2 marks]
2. a) List and explain the benefits of land drills. [10 marks]
- b) List in sequential order other drill techniques you could use to teach swimming strokes [10 marks]
- c) Which aspects of Physical Fitness should a swimming warm-up address? [5 marks]
3. a) Explain in a sequential manner how you would teach the front dive. [20 marks]
- b) What are the two most important coaching points of the last stage/sequence? [4 marks]
- c) What coaching point is very important for all the stages? [1 mark]
4. a) After a water demonstration and an explanation of a swimming skill, what is the next teaching technique and what two important purposes does it serve? [15 marks]
- b) Outline the teaching sequence of a swimming skill. [10 marks]

5. “A picture is worth a thousand words”. Discuss this statement as it relates to teaching swimming skills. [25 marks]
6. a) What is the count for the front crawl stroke? [6 marks]
- b) What is the importance of this count? [4 marks]
- c) Which part of the front crawl movement provides the forward propulsion? [4 marks]
- d) What purpose does the rest of the front crawl arm movement serve? [5 marks]
- e) Name the components of the front crawl arm movement. [6 marks]

**END OF EXAMINATION**