

# 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 2012

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) There are more than a dozen benefits to be derived from regular swimming.  
State and expand on ten. [20 marks]
- b) Describe the actions to be taken to return to the standing position from the front float. [5 marks]
- 2) a) What is the most common error made when performing the back float? [5 marks]
- b) Explain how you would correct this error. [5 marks]
- c) Describe the sequences, teaching techniques and coaching points you would employ to teach the back float to beginners. [15 marks]
- 3) There are more than twenty teaching techniques you have been introduced to that can be used to teach various swimming strokes and skills. List and explain the value/purpose of five teaching techniques. [25 marks]
- 4) a) Outline the components of the breast stroke. [3 marks]
- b) Which component should be taught first and why? [5 marks]
- c) Explain the coaching points for each component. [15 marks]
- d) What is the count for the breast stroke kick? [2 marks]

- 5) The 'sacred D's' are the foundation for successful, effective teaching of swimming strokes and skills. Explain this statement, using examples to illustrate your explanation. [25 marks]
- 6) Explain in a sequential manner how you would teach "treading". [25 marks]

**END OF EXAMINATION**