

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SSC2213**

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**CONVENTIONAL PROGRAMME**

**THEORY: SSC2213: SPORTS SPECIALITY MODULE (SWIMMING)**

**AUGUST 2014**

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. Analyze the major errors encountered by butterfly stroke swimmers. What strategies to these errors can be applied by a coach? **(25marks)**
2. Develop and plan a training session for an under 15 butterfly swimmer. State clearly those areas needing emphasis in your training program. **(25marks)**
3. Analyse the differences and similarities between the butterfly and front crawl. Use diagrams to illustrate your answer where necessary. **(25marks)**
4. a) Develop a training session plan for the Crusaders Olympic swimming club, for anaerobic and aerobic capacity development. **(15marks)**  
b) what are the challenges of swimming development experienced by swimming clubs in Zimbabwe **(10marks)**
5. What methods and strategies can be used in the development of swimmers in Zimbabwe? **(25marks)**
6. a) Water exerts four types of forces on a swimmer. What are these forces? Analyse these forces and how they have an effect on the swimmer. **(10marks)**  
b) What should coaches and swimmers do? **(15marks)**

**END OF EXAMINATION**