NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4113

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4113: SPORTS SPECIALITY MODULE (SWIMMING)

FEBRUARY 2010

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) Explain the physiological process of the breathing exercise. (10 marks)

   b) List benefits of performing breathing exercise. (5 marks)

   c) What is the relationship of the Breathing Exercise to swimming? (5 marks)

   d) What effect on the physiological process does intense concentration on each body part and holding and breathing have when performing the breathing exercise? (5 marks)

2. a) List the teaching sequence for most swimming strokes. (14 marks)

   b) What components of a swimming stroke is usually taught first and why? (6 marks)

   c) Which aspects of Physical Fitness should a warm-up for swimming address? (5 marks)

3. Explain in a sequential manner, how you would teach the front dive. Include coaching points for each stage. (25 marks)

4. a) What is the purpose of the surface dive relative to life-saving techniques? (4 marks)

   b) A swim/tow rescue is undertaken as a last resort, why? (15 marks)

   c) List the life-saving techniques you would use before attempting a swim/tow rescue. (6 marks)

5.	a)	Explain how you would teach the breast stroke in a sequential manner.	(18 marks)
	b)	What is the most common mistake made when swimming the breast stroke?	(2 marks)
	c)	How would you correct the most common breast stroke mistake?	(5 marks)
6.	a)	Explain the sequence you would follow to teach treading water.	(12 marks)
	b)	List the coaching points you would stress for each sequence.	(13 marks)

END OF EXAMINATION