

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4114

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4114: SPORTS SPECIALITY MODULE - TENNIS

JANUARY 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. Explain the different tournaments in tennis and how they are drawn. [25 marks]
2. (a) Outline the five physical fitness components required in tennis. [10 marks]
(b) Explain why fitness is important for tennis. [10 marks]
(c) Outline the principle of specificity in tennis. [5 marks]
3. Outline the general consideration for coaching children tennis. [25 marks]
4. Comment on the importance of a racket based on its:-
 - i) Construction
 - ii) Gut
 - iii) Thickness
 - iv) Synthetics
 - v) Tension [25 marks]
5. Outline the technical diagnosis checklist in tennis. [25 marks]
6. Write brief notes on the following in tennis:-
 - i) Basket drills [8 marks]
 - ii) Adapting drills [8 marks]
 - iii) Buddy teaching [9 marks]

END OF EXAMINATION