

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4213

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4213: SPORTS SPECIALITY MODULE (SWIMMING)

AUGUST 2009

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) Name three advantages a coach has when working with students that a P. E. teacher does not have. (15 marks)
 - b) Define integrity. Why should this be an important character trait of a good coach? (10 marks)
2.
 - a) List five character/personal traits one would want to see in a good coach. (10 marks)
 - b) List five characteristics of a good swimming coach. (10 marks)
 - c) How does a swimming coach differ from a P. E. teacher? (5 marks)
3.
 - a) Which two teaching techniques are a “must” for effectively teaching and improving swimming skills? (10 marks)
 - b) Discuss the importance of each answer for 3(a). (10 marks)
 - c) List five teaching techniques, aside from those mentioned in 3(a). (10 marks)
4.
 - a) What is “internalization” as it relates to swimming? (5 marks)
 - b) What is the importance of “internalization”? (5 marks)
 - c) Name and explain three techniques you would employ to achieve “internalization” for your swimmers. (15 marks)
5. Explain how you would teach the breast stroke. (25 marks)
6.
 - a) Explain the term “treading water” (5 marks)
 - b) Why is it necessary and/or important to teach this skill? (5 marks)
 - c) As a swimmer, what 3 steps could you take were you to encounter difficulty (e.g leg suddenly cramping)? (15 marks)

END OF EXAMINATION