

# 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**

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) Discuss the measures you would take to establish and maintain discipline and safety procedures when teaching swimming to a class of forty pupils. [25 marks]
- 2) a) List the Life Saving techniques learnt in sequential order. [10 marks]  
b) List and discuss the sequential order of the last two life-saving techniques mentioned in 2(a) above. [10 marks]  
c) Which two coaching points are important to assist swimmers in developing an effective racing dive? [5 marks]
- 3) a) Explain in a sequential manner how you would teach the back crawl. [10 marks]  
b) State the main coaching points for each component. [10 marks]  
c) List five common mistakes made when performing the backstroke. [5 marks]
- 4) a) Explain the physiological process which occurs during the Breathing Exercise. [10 marks]  
b) You have been pushed to master various swimming strokes perfectly. Why is simply learning to perform 'reasonably well' not good enough, as it relates to teaching swimming skills? [15 marks]

- 5) a) What are the components of the front crawl arm movement? [3 marks]
- b) List the common mistakes in breathing while performing the front crawl. How would you correct them? [10 marks]
- c) What are the common mistakes of the front crawl arm action, and how would you correct them? [12 marks]
- 6) a) Discuss the difference between a coach and a physical education teacher. [10 marks]
- b) To be truly effective, what qualities should a good coach have? [15 marks]

**END OF EXAMINATION**