

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4214: SPORTS SPECIALITY MODULE - TENNIS

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) a) Explain the grips which can be used for the following strokes:
 - i) Serve. [3 marks]
 - ii) Volley. [4 marks]
 - iii) Smash. [3 marks]
 - iv) Lob. [4 marks]
- b) Outline the progressions for introducing Grip Change on Ground Strokes. [11 marks]
- 2) a) i) Explain the considerations for structuring appropriate teaching formations and drills in tennis. [10 marks]
- ii) Describe the checklist for the evaluation of drills in tennis. [5 marks]
- b) Outline the steps for ground stroke progressions combining dynamic and static exercises. [12 marks]
- 3) Tennis requires hitting the ball with control and high velocity and this involves a transfer of momentum (Linear and Angular momentum). Explain the relationship of momentum and backswing in tennis [25 marks]
- 4) Explain how both the Linear and Angular momentum is generated by Footwork in the:-
 - i) Forward Step stroke. [12 marks]
 - ii) Open-stance ground stroke. [13 marks]

- 5) a) i) Outline the four goals for every player of any skill level in tennis and their importance. [12 marks]
ii) Explain the tips for improving the goals in 5(a). [8 marks]
- b) Outline the reasons for using a firm grip in tennis. [5 marks]
- 6) Describe a sample movement drill workout in tennis. [25 marks]

END OF EXAMINATION