

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC1127

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMME

SSC1127: GYMNASTICS

EXAMINATION QUESTION PAPER

DECEMBER 2024

This examination question paper consists of 2 pages

ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: MISS Z NZIMA

INSTRUCTIONS

- 1) Answer any 4 questions.
- 2) Each question carries 25 marks.
- 3) Where a question contains subdivisions, the mark value for each subdivision is given in brackets.

MARK ALLOCATION

QUESTION	MARKS
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
TOTAL	100

1. Describe the origin of gymnastics and how it evolved from ancient Greece to modern times.

(25 marks)

2. Discuss the importance of flexibility in gymnastics and how it contributes to overall performance.

(25 marks)

3. Explain the role of mental preparation and focus in competitive gymnastics?

(25 marks)

4. Evaluate the importance of proper training, coaching and safety measure in gymnastics

(25 marks)

5a. What are the common apparatus used in gymnastics competitions?

(15 marks)

b. Why is spotting necessary in gymnastics?

(10 marks)

6a. What are the two main groups of balances in gymnastics?

(6 marks)



b. What is the name of the balance shown in the above picture?

(1 mark)

c. How does balance training differ for different levels of gymnasts , from beginners to elite athletes .

(18 marks)

END OF EXAMINATION