



**REFORMED CHURCH UNIVERSITY**

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**FACULTY OF EDUCATION AND SOCIAL SCIENCES  
BACHELOR OF EDUCATION (B. Ed) HONOURS DEGREE IN  
SPORTS SCIENCE**

**SKILLS AND TECHNIQUES IN INDIVIDUAL SPORT**

**HSPS 108**

**PART 1 SEMESTER 2 EXAMINATION**

**TOTAL MARKS [100]**

DATE: DECEMBER 2022

Time: 3 Hours

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**INSTRUCTIONS**

1. This paper has *five (5)* questions
2. Answer any *three (3)* questions
3. Each question carries *100 marks*
4. Start each question on a new page

1. (a). With aid of a diagram, examine the Tennis court dimensions for singles and doubles. (50)
- (b). With the aid of relevant examples, explain the differences in serving done in singles and doubles. (50)
- 2(a). Examine the components of a good warm up and cool down sessions. (50)
- (b) With support of relevant examples, explain the following coaching principles in Tennis;
- (i) Overload (25)
- (ii) Specificity (25)
- 3 (a). With the aid of sketch diagrams where applicable, identify and explain four Tennis teaching progressions to beginner players. (50)
- (b). Assess the evaluation of Tennis drills. (50)
4. (a). Explain the following terms in Tennis;
- i. Byes (20)
- ii. Serve (20)
- iii. The lob (20)
- iv. Rallying (10)
- v. Feeding (10)
- vi. The drop feed (10)
- vii. Discuss how you would improve flexibility in Tennis players. (10)
- 5.
- a. Identify and explain any three types of Tennis tournaments. (50)
- b. Draw a round robin tournament for six players indicating who plays who in all the rounds. (50)

***End of Paper***