



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2007/2008

**FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE (SPORTS SCIENCE)**

SLR 201: SWIMMING AND DIVING

DATE: MONDAY, 3RD DECEMBER 2007

TIME: 11.00 A.M. – 1.00 P.M.

INSTRUCTIONS: ANSWER TWO QUESTIONS FROM EACH SECTION.

SECTION A – SWIMMING

1. Explain the guidelines for dealing with fear while teaching beginners how to swim. (7 ½ marks)
2. Explain the application of hydrodynamics to swimming. (7 ½ marks)
3. Justify the progression of teaching the front crawl. (7 ½ marks)

SECTION B – DIVING

4. Describe the different components of diving. (7 ½ marks)
5. Elaborate on safety measures in diving. (7 ½ marks)
6. Explain scoring in diving. (7 ½ marks)
