



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SPORT SCIENCE
(RECREATION AND LEISURE MANAGEMENT)

SLR 201: SWIMMING AND DIVING

DATE: Wednesday 30th December , 2009

TIME: 2.00 p.m – 4.00 p.m

INSTRUCTIONS:

- **ANSWER ANY THREE QUESTIONS**
- **ANSWER EACH QUESTION IN A SEPARATE BOOKLET**

1. Analyse the teaching points for Breast stroke. [10 marks]
2. Compare and contrast Butterfly and Front crawl strokes. [10 marks]
3. a) List four officials and their duties during a swimming gala. [6 marks]
b) Outline four features that an entry card or slip should feature. [4 marks]
4. Explain any two types of resistance a swimmer may be faced with and how they can be minimized. [10 marks]
5. a) Describe three activities that can be used to gain water confidence. [6 marks]
b) Explain four safety considerations before and when executing a dive. [4 marks]