

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN COACHING
JANUARY 2021 EXAMINATION**

**SWIMMING 2
[PE213ASC]**

YEAR 2

DURATION: 2 ½ HOURS

INSTRUCTIONS: Answer ALL questions in Sections A and B, and TWO questions in Section C.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A (20 marks)

Answer ALL questions in this section by circling the most appropriate answer.

1. A difference in the arm action of the Freestyle and Back Stroke is:
 - a) Alternate action
 - b) High elbow
 - c) Wide arm pull
 - d) The entry

2. Moving through the water with a streamlined body position without finning or kicking:
 - a) Sculling
 - b) Straddle
 - c) Gliding
 - d) Treading

3. Creating force in the water that leads to movement is known as:
 - a) Resistance
 - b) Propulsion
 - c) Hydrodynamics
 - d) Sculling

4. If you swim two (2) laps of an Olympic sized pool you would have covered a distance of how many meters:
 - a) 50 m
 - b) 100 m
 - c) 200 m
 - d) 150 m

5. What is the reason swimmers wear a swim cap, tight fitting swim wear, oiling the body and shaving body hair?
 - a) cause more resistance
 - b) reduce frictional drag
 - c) cause the swimmer to float
 - d) increase frictional drag

6. A definition of drag in swimming would be:
- a) the force that causes a swimmer to move through water
 - b) a resistant force that pulls the body forward
 - c) a resistance force that holds the body back
 - d) The downward force of the body pushing against water
7. When performing the flutter kick with the freestyle, your knees should be:
- a) bent and rigid
 - b) relaxed and bent
 - c) slightly bent and relaxed
 - d) nearly straight and rigid
8. In the freestyle stroke, the head is turned to the side to breathe so that:
- a) stroke rhythm will not be interrupted
 - b) the nose can come completely out of the water
 - c) the head will continue to be buoyed up by the water
 - d) you can both inhale and exhale while the mouth is out of the water
9. While performing the backstroke, the swimmers head is tilted back too deep into the water. What will happen to the legs?
- a) They will drop
 - b) They will be lifted too high in the water.
 - c) In their natural position
 - d) Make tiny splashes
10. Two floating positions in swimming are?
- a) Supine and Mushroom
 - b) Starfish and Prone
 - c) Prone and Supine
 - d) Starfish and Mushroom
- 11. If the head is lifted too high in the back stroke this will cause?**
- a. Frontal resistance**
 - b. Frictional drag**
 - c. Wave drag**
 - d. Buoyancy**

12. When teaching treading the following kicks may be used:

- a. Frog kick
- b. Backstroke kick
- c. Egg beater kick
- d. Flutter Kick

13. When entering waters of unknown dept or conditions, the BEST method to use would be?

- a) standing jump
- b) kneeling dive
- c) wade
- d) plunge

14. What are the FOUR components that make up the freestyle and back stroke?

- a) Body position, Breathing, knee bend, Arm bend
- b) Arm action, Breathing, body position, knee bend
- c) Breathing, body position, leg action, arm action.
- d) Kick, body position, breathing, head raise

15. Creating a forward force using the arms and legs through the water will result in?

- a) Propulsion
- b) Glide
- c) Sculling
- d) Drag

16. Lifting the head high out of the water to breathe while doing the freestyle will?

- a) Slows breathing
- b) Cause the legs to drop
- c) Increase breathing
- d)

17. Similarities in the streamlined body position of the front crawl and back stroke:

- a) Body is straight with toes pointed
- b) Water is at the hair line
- c) Arms and elbows are straight with arms close to ears.
- d) Body is basically straight, with knee bent

18. In which position is the backstroke done?
- a) Plantar
 - b) Supine
 - c) Dorsi
 - d) Prone
19. A beginner's main fear in the water is:
- a) Playing games.
 - b) Standing with water waist high.
 - c) Using floatation devices.
 - d) Putting his/her face/head in water
20. A beginner swimmer's water confidence can be developed by:
- a) Making the class fun
 - b) Introducing simple to complex activities
 - c) Using buoyancy aids
 - d) All of the above

SECTION B

Answer ALL questions in this section. (40 marks)

- 1) Explain why wearing "baggy" clothing or having hair on body will cause resistance.
(4 marks)
- 2) Explain why it is important to have a buddy system in your swim class.
(2marks)
- 3) Give the name of a floating technique that can be done in the supine and prone position.
(2 marks)
- 4) Explain why it is important that a swim instructor/teacher knows the medical history of her/his students.
(2 marks)

5) Swimming aids are important in learning to swim, list **Two** advantages and **Two** disadvantages of using these aids.

(4 marks)

Name **Two** teaching aids used in teaching drills /activities.

(2 marks)

6) Explain the term buoyancy.

(2 marks)

7) Explain an introductory activity in teaching the backstroke

(4 marks)

8) Give one reason why it is important that we learn to tread water.

(2 marks)

9) Explain Two differences in the breathing in freestyle and the backstroke.

(4 marks)

10) Give three coaching points in teaching the mushroom float.

(6 marks)

11) Explain Two methods that can be used to enter the pool.

(4 marks)

12) Why are some students more buoyant than others?

(2 marks)

SECTION C

Answer ANY TWO questions from this section (40 marks)

1a). List FIVE (5) coaching points for the leg action in either the back stroke OR front crawl.

(5 marks)

1b). Explain using at least two drills and progressions that you would use to teach the leg action to a beginner class.

(15 marks)

2a). We all share the water we swim in and each of us needs to do our part to help keep ourselves, family, and friends healthy. List and discuss five ways we could prevent contaminants the water. (10 marks)

Stay out of the water if you have flu, chest, eye, ear infection.

2b). It is important to follow Safety Rules and listen to the teacher's instruction during a swimming class. Identify and list five (5) safety rules that a student may not follow. Discuss the consequences that may result because of his/ her actions.

(10 marks)

3a) List two similarities between the entry in the kneeling and crouch dives. (5 marks)

b). Explain how you would teach one of the dives to your class, giving the coaching points and the progressions. (15 marks)

END OF EXAMINATION

