



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
Plot 91, Cadastral Zone, University Village,  
Nnamdi Azikiwe Expressway, Jabi, Abuja  
**FACULTY OF EDUCATION**  
**DEPARTMENT OF HUMAN KINETICS & HEALTH EDUCATION**  
**2025\_2 EXAMINATIONS**

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**COURSE CODE: KHE 331**

**COURSE TITLE: SKILLS DEVELOPMENT & TECHNIQUES IN SPORTS AND GAMES VI (SWIMMING)**

**COURSE UNIT:**

**TIME: 2HOURS**

**Instruction: Answer question one (1) and any other two**

- 1a. Discuss the leg movement in the breaststroke, commonly referred to as the "frog kick" (10 marks)
- 1b. Identify ten (10) safety precautions a coach must take during a swimming class. (20 marks)
- 2a. Explain six (6) rules for preventing accidents among students at the pool. (12 marks)
- 2b. Enumerate eight (8) officials involved in swimming competitions. (8 marks)
- 3a. Identify five (5) common faults in the breaststroke technique. (10 marks)
- 3b. Discuss briefly five (5) health benefits of swimming. (10 marks)
- 4a. Identify three (3) key procedures required to achieve a streamlined body position when swimming on the front. (6 marks)
- 4b. Explain seven (7) important water hygiene practices for swimmers. (14 marks)