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**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**SPECIAL/SUPPLEMENTARY EXAM**

**2021/2022 ACADEMIC YEAR**

**SECOND YEAR SECOND SEMESTER**

**EXAMINATIONS FOR THE DIPLOMA IN SPORTS  
ADMINISTRATION AND MANAGEMENT**

**COURSE CODE: DSM 072**

**COURSE TITLE: INTRODUCTION TO SWIMMING**

**DATE: 01/08/2022**

**TIME: 2.00-4.00 P.M**

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**INSTRUCTIONS TO CANDIDATES:**

Answer Question ONE and any other two questions.

**TIME: 2 Hours**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over



1. Describe the teaching points for each of the following swimming strokes
  - i. Breast stroke (15mks)
  - ii. Free style (15mks)
2. Describe the first aid procedure during drowning (10mks)  
Elaborate on five rescue techniques during drowning (10mks)
3. Explain TEN swimming pool rules and regulations (20mks)
4. Elaborate on the benefits of individuals engaging in swimming (20mks)
5. As a sports manager, explain factors to consider when planning for a swimming gala (20mks)