

**ITF COACHING BEGINNER AND INTERMEDIATE PLAYERS COURSE
(LEVEL 1 COURSE)
WRITTEN MOCK EXAM**



Question 1

The major goal of a beginner tennis player in returning the serve is to:

- A) Keep the ball in play.
- B) Lob the return.
- C) Hit hard and deep.
- D) Hit a winner.

Question 2

Which of the following is a good tactic for an intermediate player?

- A) Hit the ball short.
- B) Recover to the relative middle of the baseline before the opponent hits the ball.
- C) Try to exploit the opponent's weaknesses.
- D) Both B and C above.

Question 3

The velocity of racket head at impact is affected by:

- A) The distance the racket head travels before and after impact.
- B) The height of the ball.
- C) Direction of the ball being hit.
- D) None of the above.

Question 4

What is a major reason for dropping out of tennis for a junior player?

- A) Wanted to play another sport.
- B) Did not enjoy the pressure.
- C) Boredom.
- D) All of the above.

Question 5

What should you do in the event of a strain or strain?

- A) Rest, Ice, Compression, Elevate.
- B) Clean, Ice, Massage.
- C) Heat, Mobility, Stretch.
- D) Doctor, X-ray, Monitor, Physiotherapy.

Question 6

What is most commonly associated with the ITN rating system?

- A) 1 - 100.
- B) Only for the top ATP ranked players.
- C) 1 - 10.3.
- D) 1 - 1000.

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Question 7

What are the positives of a single elimination tournament?

- A) Coaches see all the best players for a longer duration.
- B) Weaker players get more time to practise as they will be knocked out earlier.
- C) It shows the positives of being a better player.
- D) It requires less equipment, time and courts than many other tournaments.

Question 8

Which is not a sporting attribute which tennis possesses?

- A) Mass participation - it must be possible for large numbers to participate simultaneously.
- B) Inexpensive - there should be minimal cost for the participant.
- C) All round exercise - the exercise should involve as much of the body as possible.
- D) A skill for life - people must be able to participate at any age.

Question 9

What is the governing association of tennis?

- A) ATP.
- B) ITF.
- C) WTA.
- D) All of the above.

Question 10

Which statement best describes tennis?

- A) Physiological response resembles that of a high-intensity exercise for a short period of time.
- B) Physiological response of tennis resembles that of prolonged moderate-intensity exercise.
- C) Relatively low intensity but for a long duration up to 3 or 4 hours.
- D) Repetitive low intensity exercise.

Question 11

Good communication skills involve:

- A) Effective questioning.
- B) Listen to your students.
- C) Credit before criticism (3:1) ratio.
- D) All of the above.

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Question 12

For very young players, competition should be a way of:

- A) Achieving valuable ranking points.
- B) Comparing ones skills and ability with those of others.
- C) Impressing your parents and friends.
- D) Winning tennis trophies.

Question 13

In dealing with misbehaviour the coach should:

- A) Use punishment to correct not to retaliate.
- B) Use physical activities (push-ups whenever possible).
- C) Give one warning before the punishment.
- D) Both A and C above.

Question 14

Low self confidence behaviour includes:

- A) Attributing success to luck and failure to lack of ability.
- B) Have sense of personal worth pride.
- C) High overall self esteem.
- D) None of the above.

Question 15

Factors affecting singles tactics and strategy are: I) characteristics of player and opponent both II) Environment.

- A) Both are true.
- B) Statement I is only true.
- C) Statement II is only true.
- D) Neither of them is true.

Question 16

Good doubles strategy for beginners will be:

- A) Play % age shots.
- B) Do not get caught in mid court.
- C) Get the first serve in play.
- D) All of the above.

Question 17

Depth is determined by:

- A) The height of the trajectory of the ball.
- B) The speed or force of the ball impact.
- C) The spin of the ball.
- D) All of the above.

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Question 18

For the semi-western forehand:

- A) The ideal contact point will be further in front and lower than the eastern grip.
- B) The swing will be slower than with the eastern grip.
- C) The ideal contact point will be further in front and higher than the eastern grip.
- D) None of the above.

Question 19

Effect of spin on ball is:

- A) It changes the rotation of the ball through air.
- B) It changes the flight of the ball after bounce.
- C) Spin changes the bounce of the ball.
- D) All of the above.

Question 20

What is not true about the American round robin format?

- A) Allows you to play against a variety of players.
- B) It has to involve female players.
- C) It increases match play time.
- D) Makes a social, competitive environment.

Question 21

What is the advantage of a rated Draw?

- A) Allows more games.
- B) Attracts better players to the tournament.
- C) Does not require as much equipment as a regular draw.
- D) Gives a chance for women to play with men.

Question 22

What is typically found at a tennis carnival?

- A) Coaching courses.
- B) Service Speed Gun.
- C) Knockout tournament.
- D) Private lessons.

Question 23

As far as is reasonable practice, employers need to provide:

- A) A safe place of work with adequate welfare facilities.
- B) Suitable money.
- C) A car if you travel to work.
- D) Recreational facilities.

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Question 24

What is negligence?

- A) Careless conduct causing injury or loss to another.
- B) Voluntary Assumption of Risk.
- C) Due Diligence.
- D) The injured party is partially responsible for his/ her injuries.

Question 25

What is the definition of Sports Equity?

- A) It is about taking steps to address fairness, access and inequalities with sport.
- B) Making sure everyone can play sport regardless of where they live.
- C) Allow disadvantaged people to play and compete in sport.
- D) None of the above.

Question 26

What can the following be described as – expensive, poor facilities, poor transport?

- A) Tennis norms.
- B) Barriers to participation.
- C) Cultural and Religious influences.
- D) Infrastructure.

Question 27

The biggest problem with small cuts and grazes is:

- A) Fainting.
- B) Infection.
- C) Loss of blood.
- D) Panic on court from other pupils.

Question 28

Which is the most important job of a tennis coach?

- A) Develop an elite player.
- B) Increase participation.
- C) Provide a safe and secure sporting environment.
- D) Develop a player technically, tactically and physically.

Question 29

What is a permanent fixture?

- A) Doubles Partner.
- B) Umpire.
- C) Opponent.
- D) Bird flying on the court.

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Question 30

A fault is deemed to have taken place when?

- A) When the serve has hit underarm without the knowledge of the opponent.
- B) When the ball is thrown in front of the baseline and hit.
- C) Server cannot change position by walking or running.
- D) When the ball is hit over the imaginary centre line.

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Answers:

- | | |
|-------|-------|
| 1. A | 16. D |
| 2. D | 17. D |
| 3. A | 18. C |
| 4. A | 19. D |
| 5. C | 20. B |
| 6. C | 21. B |
| 7. D | 22. B |
| 8. B | 23. A |
| 9. B | 24. A |
| 10. B | 25. A |
| 11. D | 26. B |
| 12. B | 27. B |
| 13. D | 28. C |
| 14. A | 29. B |
| 15. A | 30. C |