



LEVEL II
WRITTEN EXAMINATION PAPER (type A1)

1. Maintaining high ethical standards at all times and in all situations is important because:

- a) it helps you to earn more money and social recognition
- b) it makes you feel better
- c) it is better for the player, the coach and the game in general
- d) a) and c) above.

2. The basic communication style of an authoritarian coach is:

- a) telling
- b) listening
- c) telling, asking and listening
- d) none of the above.

3. Elements of non-verbal communication include:

- a) talking, asking, giving feedback and rewards
- b) listening and receiving feedback
- c) facial expression, gestures, body movements, contact and posture, etc.
- d) only a) and b) above.

4. Optimum technique is:

- a) that which allows for the most efficient combination of power and control in both stroke and movement technique whilst minimising the risk of injury
- b) the study of human motion and the player's biomechanics
- c) that which allows the player to have the best performance
- d) none of the above.

5. Optimum biomechanics in stroke production involves movements taking place:

- a) from small to large body parts
- b) from large to small body parts
- c) from the centre of gravity
- d) from the head down.



6. The contact point of a forehand hit with an Eastern forehand grip is:
- a) lower and further in front of the body than for the Semi-Western forehand grip
 - b) higher and closer to the body than for the Semi-Western forehand grip
 - c) lower and further in front of the body than for the Western forehand grip
 - d) only a) and c) above.
7. Research has shown that there is sufficient time to change grips for forehand and backhand volleys:
- a) true
 - b) not at high level tennis
 - c) not at beginners' tennis
 - d) no research has been done on this topic.
8. The primary source of power for the advanced server is found in:
- a) the wrist action
 - b) the forearm pronation
 - c) the leg action
 - d) the elbow flexion.
9. The factors that define tennis as an open skill sport are:
- a) singles and doubles game
 - b) perception, decision, action and feedback
 - c) you should try to hit to the open court
 - d) only a) and c) above.
10. In the command teaching style:
- a) decisions are planned by the teacher and learners work in pairs
 - b) individuals check their own performance
 - c) all decisions are made by the teacher
 - d) only b) and c) above.
11. In the problem solving teaching style:
- a) decisions are planned by teacher and learners work in pairs
 - b) all problems are solved by the teacher
 - c) the learner selects the content, plans and designs the programme
 - d) there are several alternative correct answers to a problem.



12. Learning comes from being shown what to do (demonstrations) in:

- a) 70 - 90% of situations
- b) 10 - 20% of situations
- c) 1 - 9% of situations
- d) no data available.

13. If your goal in a lesson is making the players work at the same time and hit a high number of repetitions you should use the style:

- a) self-teaching
- b) problem solving
- c) inclusion
- d) practice/task.

14. A correct procedure for performing a drill is:

- a) explain and practice
- b) explain, demonstrate, practice, give feedback and evaluate
- c) demonstrate and practice
- d) practice.

15. Which of the following statements is true for drill planning:

- a) easier drills should be performed before more difficult drills
- b) technical drills should be done after tactical ones
- c) learning or correction drills should be done after stabilising drills
- d) co-ordination drills should be performed after endurance drills.

16. A good tactic for the second serve is:

- a) to be consistent
- b) to vary spin and pace
- c) not to drop it short
- d) all of the above.

17. A good tactic for when you are passing is :

- a) use your best shot if possible and hit low passing shots
- b) hit high passing shots
- c) hit hard and deep cross court passing shots
- d) hit short and angled lobs.

18. Conformity of technique is related to:

- a) the outcome obtained
- b) the biomechanical model presented by the coach
- c) the behaviour of the player
- d) none of the above.



19. Extrinsic rewards are good and more effective if:

- a) they help to transform extrinsic motivation into intrinsic motivation
- b) they help to transform intrinsic motivation into extrinsic motivation
- c) they are administered only by the coach
- d) none of the above.

20. Effective concentration in tennis is:

- a) concentrating on many things at the same time
- b) being always concentrated
- c) using the correct type of concentration at the correct time and staying in the present
- d) none of the above.

21. To avoid dehydration the player should start drinking early in the day before training or competition:

- a) true
- b) false
- c) depends on the player
- d) depends on the weather.

22. The most important component of a tennis player's diet is:

- a) fat
- b) iron
- c) vitamins
- d) carbohydrates.

23. The risk of injuries in tennis will be limited if players:

- a) use good facilities
- b) use good equipment
- c) develop good technique
- d) all of the above.

24. When referring to the sensitive phases, power and strength are aspects more favourable to work on at:

- a) 4-12 years
- b) 6-12/13 years
- c) from 13/14 years on
- d) all of the above.



25. The optimum age at which specialised training should commence is:
- a) 12 years
 - b) 12 -14 years for females and 14 - 15 years for males
 - c) 10 - 12 years for females and 12 -14 years for males
 - d) from 17 - 18 years onwards.
26. The best training system to increase the specific endurance for tennis is:
- a) interval training
 - b) plyometrics
 - c) medicine ball drills
 - d) long distance running.
27. The fastest energy system of the human body is:
- a) nervous system
 - b) phospho-creatine or PC system
 - c) aerobic system
 - d) anaerobic glycolitic system.
28. When recovering after hitting the ball the player should consider:
- a) where he hit the last shot
 - b) the opponent's position
 - c) the opponent's options
 - d) all of the above.
29. Basic training of the aerobic system and drilling for consistency should be done in:
- a) the general preparatory period
 - b) the specific preparatory period
 - c) the pre-competition period
 - d) the competition period.
30. When playing doubles it is important to:
- a) serve from closer to the centre mark than when playing singles play
 - b) stay as far from the net as possible
 - c) make the opponents volley up
 - d) none of the above.



LEVEL II WRITTEN EXAM ANSWER SHEET

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Level II Written Examination Paper Type A1
LEVEL II WRITTEN EXAM ANSWER SHEET

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