

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FIRST SEMESTER 2025/2026 ACADEMIC YEAR

**THIRD YEAR EXAMINATION FOR THE DEGREE
OF BACHELOR OF ARTS IN SPORTS SCIENCE
MANAGEMENT**

SPSM 316: SWIMMING AND DARTS

STREAM: R

TIME: 2 HRS

DAY: WEDNESDAY [11.30 A.M-13.30 P.M] DATE: 04/02/2026

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.

Instructions: Answer question one (Compulsory) and any other two questions

QUESTION ONE

- a) When did swimming become a competitive sport (1 marks)
- b) When was the first indoor swimming pool opened to the public (1 marks)
- c) When was the Amateur Swimming Association formed (1 marks)
- d) Which body governs Swimming in Kenya (2marks)
- e) Which body governs Swimming in Africa and the World (2marks)
- f) When did Swimming became an official Olympic sports (2marks)
- g) Which year were women allowed to compete in the Olympics (2marks)
- h) When were the first Darts Championship held (2marks)
- i) Define the term stance in darts (2marks)
- j) Explain two common types of grip used in darts (2marks)
- k) Define the term check –out in darts (2marks)
- l) Give one reason why follow-through is important in darts throwing (2marks)
- m) Explain two principles of accurate dart throwing (4marks)
- n) Discuss two fundamental skills needed for effective dart throwing (2marks)
- o) Examine why a dart player ends on a double in a standard dart game (3marks)

QUESTION TWO

- a) Discuss the basic rules of darts in standard game format of 501 (10marks)
- b) Discuss the general etiquette and conduct when playing a game of dart (10marks)

QUESTION THREE

- a) Discuss the fundamental skills in Darts (10marks)
- b) Discuss strategies used in Darts (10marks)

QUESTION FOUR

- a) Discuss the training methods in Swimming (10marks)
- b) Discuss fundamental skills in swimming (10marks)

QUESTION FIVE

- a) Discuss the tactics used by swimmers during competitive races (10marks)
- b) Discuss the Principles that govern effective Swimming performance (10marks)