THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
DIPLOMA IN SECONDARY EDUCATION EXAMINATION

736/1

PHYSICAL EDUCATION AND SPORT 1

Time: 3 Hours **Thursday, 16th May 2013 p.m.**

Instructions

1. This paper consists of sections A, B and C.
2. Answer **all** questions in section A and **two (2)** questions from each of the sections B and C.
3. Sections A and B carry 30 marks each and section C carries 40 marks.
4. Cellular phones are **not** allowed in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

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SECTION A (30 Marks)

Answer **all** questions in this section.

1. Elaborate three main duties of the head umpire in the track and field events.
2. Enumerate six basic offensive formations used in basketball.
3. Name and briefly explain six standard shot variations in netball game.
4. Define the following terms as applied in sport psychology.
   (a) Arousal
   (b) Stress
   (c) Anxiety
5. Briefly explain the following components of lesson plans.
   (a) Introduction
   (b) Presentation
   (c) Evaluation
6. With examples, point out three challenges a student teacher might face during teaching practice.
7. Outline six basic rules of relay racing.
8. Briefly describe two types of physical fitness in sports performance.
9. List down six basic responsibilities of sports administrators.
10. Mention six effects of alcohol in the human body.

SECTION B (30 Marks)

Answer **two** (2) questions from this section.

11. Using examples, describe six sources of self-confidence to an athlete in sports.
12. Elaborate the three Newton's laws of motion and indicate the application of these laws to physical education and sport activities.
13. (a) Describe why dodging before receiving a ball is common sight on the netball court.
    (b) Demonstrate how a dodge can be executed.

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14. Explain seven behavioural guidelines for coaching young athletes.

SECTION C (40 Marks)

Answer **two (2)** questions from this section.

15. Describe four criteria which determine the choice of teaching methods in Physical Education and Sport subject.

16. Effective teaching and learning depends on classroom management and organization. Describe six importance of classroom management and organisation with the focus on Physical Education and Sport class.

17. Analyse four types of evaluation as used in Physical Education and Sport instructions.

18. Evaluate how assessment practices contribute to effective teaching and learning process in Physical Education and Sport class.

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