

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

736/1

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**ANSWER**

**Year: 2000 p.m.**

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**Instructions**

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

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## **1. Mention six fundamental skills in volleyball.**

The first fundamental skill in volleyball is serving. Serving is the action that begins play, and it is important because it determines how effectively a team can put pressure on the opponent right from the start. A good serve can create scoring opportunities.

The second fundamental skill is passing. Passing involves receiving the ball from the opponent's serve or attack and accurately directing it to a teammate, usually the setter. It is critical because poor passing makes it difficult to organize an effective attack.

The third skill is setting. Setting is the technique of positioning the ball for an attacker, usually done with the fingertips. It is important because it determines how well the team can create offensive plays that maximize the chances of scoring.

The fourth skill is spiking. Spiking, or attacking, is hitting the ball with power and accuracy over the net to score points. It is the primary way to win rallies and is considered one of the most exciting aspects of the game.

The fifth skill is blocking. Blocking involves jumping at the net with arms extended to stop or deflect the opponent's spike. This defensive skill is essential in reducing the opponent's scoring chances.

The sixth skill is digging. Digging is a defensive skill used to prevent the ball from touching the ground after an opponent's attack. It requires quick reflexes and good positioning to keep the ball in play.

## **2. What is the main objective of warming up before engaging in sports activities? State five points.**

The first objective of warming up is to increase body temperature. When an athlete warms up, the muscles become more flexible and less prone to injury due to improved blood circulation.

The second objective is to enhance joint mobility. Gentle warm-up activities loosen stiff joints, making it easier for athletes to perform dynamic movements safely.

The third objective is to prepare the cardiovascular system. Warm-ups gradually raise the heart rate and breathing rate, allowing the body to transition smoothly into more intense activity without strain.

The fourth objective is to improve mental readiness. A good warm-up helps athletes focus on the task ahead, reduce anxiety, and build concentration.

The fifth objective is to reduce the risk of injury. By preparing the muscles, tendons, and ligaments for the demands of sport, warm-ups reduce the likelihood of strains and sprains.

### **3. List six ways an athlete can maintain body hygiene after physical exercise.**

One way is taking a shower immediately after exercise. This helps remove sweat, dirt, and bacteria, which reduces the chances of skin infections.

Another way is wearing clean clothes after exercise. Changing out of sweaty sportswear prevents bacteria buildup and keeps the body fresh.

The third way is washing hands thoroughly. Since athletes touch equipment and surfaces that may contain germs, washing hands is essential for hygiene.

The fourth way is proper foot care. Athletes should wash and dry their feet well to prevent fungal infections such as athlete's foot.

The fifth way is maintaining oral hygiene. Drinking water and brushing teeth regularly helps keep the mouth fresh and prevents bacterial growth.

The sixth way is keeping hair and nails clean. Clean and trimmed nails reduce the risk of dirt and germs accumulation, while clean hair promotes overall body hygiene.

### **4. Describe the six main categories of track and field events.**

The first category is sprinting events. These include short-distance races such as the 100m, 200m, and 400m, where athletes compete to cover the distance in the shortest time possible. They emphasize speed and explosive power.

The second category is middle-distance races. These involve events like the 800m and 1500m. They require a balance of speed, endurance, and tactical awareness to maintain pace and finish strongly.

The third category is long-distance races. These races, such as the 5000m and 10,000m, test the stamina and endurance of athletes over extended periods. Success here depends largely on aerobic capacity and pacing.

The fourth category is hurdling and steeplechase events. These involve running while clearing obstacles. Hurdles require speed, coordination, and technique, while steeplechase includes barriers and water jumps, demanding endurance and agility.

The fifth category is jumping events. These include long jump, high jump, triple jump, and pole vault. Each event focuses on explosive strength, coordination, and technical skill to achieve maximum height or distance.

The sixth category is throwing events. These include shot put, discus, javelin, and hammer throw. They emphasize strength, technique, and body control to project implements as far as possible.

#### **5. Identify three characteristics of a good physical education and sports leader.**

The first characteristic is good communication. A leader must express ideas clearly, motivate others, and give instructions effectively to ensure that the team works toward shared goals.

The second characteristic is integrity. A sports leader should be honest, fair, and transparent in decision-making, which builds trust and respect among team members.

The third characteristic is responsibility. A good leader takes accountability for both successes and failures, ensuring discipline, order, and commitment to the team's progress.

#### **6. What are the three essential components of a balanced diet for an athlete?**

The first component is carbohydrates. Carbohydrates provide the primary source of energy that athletes need to perform physical activities effectively. They are stored as glycogen in muscles and used during training and competition.

The second component is proteins. Proteins are essential for building and repairing muscles, especially after intense exercise. They also support overall recovery and physical growth.

The third component is fats. Healthy fats supply a long-term energy reserve, support the absorption of fat-soluble vitamins, and help maintain hormonal balance crucial for athletic performance.

### **7. Enumerate six ways of preventing injuries in sports.**

One way is performing warm-up exercises before participation. Warm-ups prepare the muscles and joints, reducing the risk of strains.

Another way is proper use of protective gear. Equipment like helmets, shin guards, and knee pads protect athletes from serious injuries.

The third way is following rules of the game. Observing fair play and safety regulations minimizes dangerous situations that could lead to harm.

The fourth way is maintaining good physical fitness. Athletes with strong, flexible, and conditioned bodies are less likely to sustain injuries.

The fifth way is ensuring proper technique. Using correct movement skills in sports prevents unnecessary stress on muscles and joints.

The sixth way is allowing adequate rest. Rest prevents fatigue, which is a major contributor to poor performance and increased injury risk.

### **8. Outline three types of feedback in physical education and sport.**

The first type is intrinsic feedback. This is the natural information an athlete receives from their own body during performance, such as how a movement feels.

The second type is extrinsic feedback. This comes from external sources like coaches, referees, or spectators, giving athletes guidance and corrections.

The third type is knowledge of results feedback. This focuses on the outcome of the action, such as whether a basketball shot went into the hoop or not, helping the athlete evaluate performance accuracy.

### **9. Name and explain three major types of fouls in basketball.**

The first type is personal foul. This occurs when a player makes illegal physical contact with an opponent, such as hitting, pushing, or holding, which disrupts fair play.

The second type is technical foul. This is given for unsportsmanlike conduct, such as arguing with referees, improper behavior, or illegal substitution, even if no physical contact occurs.

The third type is flagrant foul. This involves severe or violent contact with an opponent that could cause injury. It is considered more serious and often results in penalties or disqualification.

### **10. Differentiate a sport administrator from a sports coach. Give three points.**

The first difference is in their role. A sports administrator manages organizational and logistical matters such as scheduling, budgeting, and resource allocation, while a coach focuses on training and guiding athletes' performance.

The second difference lies in responsibilities. Administrators ensure smooth running of sports programs at an institutional or national level, whereas coaches work directly with athletes on skill development and strategies.

The third difference is in objectives. A sports administrator aims at policy implementation and organizational growth, while a coach aims at improving athletes' skills and achieving competitive success.

### **11. Describe five benefits of flexibility exercises for an athlete.**

The first benefit is improved range of motion. Flexibility exercises loosen stiff muscles and joints, allowing athletes to move more freely and efficiently.

The second benefit is reduced risk of injury. Stretching before and after exercise makes muscles less prone to tears or strains.

The third benefit is enhanced performance. With flexible muscles, athletes can execute techniques with better precision and less restriction.

The fourth benefit is quicker recovery. Flexibility exercises improve blood flow, which speeds up healing of sore or fatigued muscles.

The fifth benefit is better posture and balance. Stretching improves alignment and muscle coordination, which are essential in maintaining body control during sport.

## **12. Elaborate on five functions of the skeletal system in the human body.**

The first function is providing support. The skeletal system forms the framework that gives shape and structure to the body.

The second function is protection. Bones protect vital organs, for example, the skull protects the brain and the ribcage protects the heart and lungs.

The third function is movement. Bones act as levers and joints serve as pivots, allowing muscles to pull and create movement.

The fourth function is blood cell production. Bone marrow within certain bones produces red blood cells, white blood cells, and platelets.

The fifth function is mineral storage. Bones store essential minerals like calcium and phosphorus, which are released when needed by the body.

## **13. Explain five ways in which media can influence sports and physical education.**

The first way is through promotion. Media coverage raises awareness of sporting events, boosting attendance and participation.

The second way is by influencing public opinion. Media can shape how people perceive certain sports or athletes, either positively or negatively.

The third way is through education. Media platforms provide information about health, fitness, and physical education techniques.

The fourth way is through sponsorship and funding. Media exposure attracts sponsors who invest in athletes and sporting organizations.

The fifth way is through role modeling. By showcasing successful athletes, the media inspires youth to participate in sports and emulate their heroes.

**14. Analyze how teamwork can enhance performance in a football game. Give five points.**

The first point is effective communication. Teamwork allows players to share information quickly on the field, improving coordination.

The second point is role specialization. Each player understands their responsibility, whether defending, attacking, or goalkeeping, leading to balanced performance.

The third point is support and motivation. Teammates encourage each other, which boosts confidence and reduces fatigue.

The fourth point is collective problem solving. When challenges arise, teamwork helps players adapt strategies together to overcome opponents.

The fifth point is increased efficiency. With players working as a unit, passes, tackles, and scoring opportunities become more organized and effective.

**15. Explain five factors that influence the learning process in physical education.**

The first factor is motivation. Students who are motivated learn new skills faster and more effectively.

The second factor is teaching methods. The approach used by the teacher, whether practical demonstration or guided practice, impacts learning outcomes.

The third factor is learner's ability. Physical and mental capabilities of students determine how well they acquire new movements.

The fourth factor is environment. A safe, well-equipped, and supportive environment encourages better learning experiences.

The fifth factor is feedback. Immediate and constructive feedback helps learners correct mistakes and improve their performance.



**16. Describe four types of assessments that can be used to evaluate a student's performance in a physical education class.**

The first type is formative assessment. This involves continuous monitoring of student progress during lessons to guide improvement.

The second type is summative assessment. It is conducted at the end of a learning unit or term to evaluate overall achievement.

The third type is diagnostic assessment. It identifies learners' strengths and weaknesses before instruction begins, helping teachers plan accordingly.

The fourth type is performance assessment. This requires students to demonstrate skills practically, showing their ability to apply what they have learned.

**17. Elaborate on the role of physical education in promoting national development. Give four points.**

The first role is improving public health. Physical education reduces diseases linked to inactivity, leading to a healthier workforce that supports economic growth.

The second role is fostering unity. Sports bring people together across cultural and social divides, promoting peace and national cohesion.

The third role is talent development. Physical education nurtures young athletes who can represent the country internationally and bring recognition.

The fourth role is instilling discipline. Through structured physical activities, learners develop values like teamwork, respect, and resilience, which are important for national development.

**18. Discuss the importance of a well-structured lesson plan in teaching physical education. Give five points.**

The first importance is organization. A lesson plan ensures that activities are arranged in a logical sequence that enhances learning.

The second importance is time management. Teachers can allocate time effectively to cover all necessary activities without rushing or wasting time.

The third importance is goal setting. Lesson plans include objectives, which guide the teacher in achieving specific learning outcomes.

The fourth importance is flexibility. A good plan allows the teacher to adjust activities depending on students' abilities and conditions.

The fifth importance is evaluation. Lesson plans help teachers review whether learning objectives were achieved and plan for future improvement.