

**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: 2002 p.m.

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).

maktaba.tetea.org



1. Identify six common injuries in athletics and their causes.

The first common injury in athletics is a sprain. This occurs when ligaments are overstretched or torn, usually due to sudden twisting or incorrect landings.

The second injury is a strain. It happens when muscles or tendons are overstretched, often caused by overexertion or poor warm-up.

The third injury is a fracture. This is a break in the bone, commonly caused by falls, collisions, or heavy impact during athletics.

The fourth injury is shin splints. They develop from repetitive stress on the shinbone, often due to running on hard surfaces or wearing improper footwear.

The fifth injury is tendonitis. This is inflammation of tendons, commonly caused by repetitive motions or overtraining without enough rest.

The sixth injury is dislocation. It occurs when a bone is forced out of its joint, usually from falls or violent collisions during sports activities.

2. Outline three main reasons why a sports club needs to have its own constitution.

The first reason is to provide governance. A constitution defines the rules, regulations, and procedures that guide the functioning of the club.

The second reason is to ensure accountability. It establishes the responsibilities of leaders and members, ensuring transparency in decision-making.

The third reason is to resolve conflicts. A constitution outlines clear mechanisms for addressing disputes, which helps maintain harmony within the club.

3. What is the importance of cool-down exercises after a workout? State five points.

The first importance is gradual recovery. Cool-down exercises help the heart rate and breathing return to normal levels safely.

The second importance is removal of lactic acid. Gentle exercises after a workout assist in clearing metabolic waste products that cause muscle soreness.

The third importance is improved flexibility. Stretching during cool-down keeps muscles loose and prevents stiffness.

The fourth importance is injury prevention. By easing the body out of intense activity, cool-down reduces the chances of muscle cramps or strains.

The fifth importance is mental relaxation. Cool-down helps athletes calm down psychologically, which contributes to overall recovery.

4. Enumerate three basic techniques for receiving a shuttlecock in badminton.

The first technique is the forehand grip reception. This is used when the shuttle approaches on the dominant hand side, allowing controlled returns.

The second technique is the backhand grip reception. It is used when the shuttle is on the non-dominant hand side, ensuring balance and effective defense.

The third technique is the underarm reception. This is applied when receiving low serves or smashes, allowing the shuttlecock to be lifted back into play.

5. Explain the concept of sports psychology and its relevance to an athlete.

Sports psychology is the study of how mental factors influence performance in sports and physical activity. It focuses on understanding emotions, thoughts, and behaviors of athletes during competition and training.

Its relevance to an athlete includes improving concentration, which helps maintain focus under pressure. It also reduces anxiety and stress, allowing athletes to perform confidently. Additionally, it enhances motivation by setting mental goals and encouraging persistence, which improves overall performance.

6. List six types of shots used in table tennis.

The first type is the forehand drive. This is an offensive shot played with speed and control on the dominant hand side.

The second type is the backhand drive. It is similar to the forehand drive but executed on the non-dominant hand side.

The third type is the forehand push. This is a defensive stroke used to keep the ball low and controlled on the opponent's side.

The fourth type is the backhand push. It mirrors the forehand push but is performed with the backhand side for defensive purposes.

The fifth type is the smash. This is a powerful, offensive shot aimed at finishing the rally with speed and force.

The sixth type is the loop. This stroke adds topspin to the ball, making it difficult for the opponent to return effectively.

7. Describe two types of physical endurance and their importance to an athlete.

The first type is muscular endurance. It is the ability of muscles to perform repeated contractions over time without fatigue. It is important for athletes who require sustained effort, such as long-distance runners.

The second type is cardiovascular endurance. This is the ability of the heart and lungs to supply oxygen to working muscles during prolonged activity. It is important because it allows athletes to maintain performance for extended periods without exhaustion.

8. Outline six major responsibilities of a team captain in a sport.

The first responsibility is providing leadership. A captain motivates teammates and sets a positive example.

The second responsibility is communication. Captains relay instructions between the coach and players to ensure understanding.

The third responsibility is discipline. They help maintain order and ensure teammates follow rules of the game.

The fourth responsibility is decision-making. In some cases, captains make quick decisions on the field that affect team performance.

The fifth responsibility is representation. Captains represent the team in official matters, such as interacting with referees.

The sixth responsibility is encouragement. Captains support teammates during challenges, boosting team morale.

9. Briefly describe three types of passes in netball.

The first type is the chest pass. It is thrown from the chest directly to a teammate's chest, used for short and accurate passes.

The second type is the bounce pass. This involves bouncing the ball on the ground so it reaches a teammate, often used when defenders are blocking.

The third type is the overhead pass. The ball is thrown from above the head to a teammate, commonly used for long-distance passing.

10. What are the benefits of proper hydration during physical activities? State five points.

The first benefit is maintaining body temperature. Hydration prevents overheating by aiding sweat and cooling processes.

The second benefit is preventing cramps. Adequate fluids help muscles function smoothly without painful contractions.

The third benefit is sustaining energy. Water keeps the body's metabolic processes efficient, reducing fatigue.

The fourth benefit is improving concentration. Proper hydration keeps the brain alert, which is essential for decision-making in sports.

The fifth benefit is faster recovery. Hydration replaces fluids lost through sweat, allowing the body to recover quickly after exertion.

11. Explain five strategies for managing an athlete's stress and anxiety before a major competition.

The first strategy is relaxation techniques. Breathing exercises and meditation help calm the athlete's mind.

The second strategy is positive self-talk. Encouraging inner dialogue builds confidence and reduces negative thoughts.

The third strategy is visualization. Athletes imagine themselves succeeding, which reduces fear and boosts readiness.

The fourth strategy is proper preparation. Consistent training and practice lower stress because the athlete feels confident in their ability.

The fifth strategy is social support. Encouragement from teammates, coaches, and family helps reduce anxiety before competition.

12. Elaborate on the differences between muscular strength and muscular endurance.

Muscular strength is the maximum force a muscle can produce in a single effort, while muscular endurance is the ability of a muscle to sustain repeated contractions over time.

Muscular strength is developed through heavy resistance training with fewer repetitions, while muscular endurance is built through lighter weights with more repetitions.

Muscular strength is essential for short bursts of power, such as weightlifting, while muscular endurance is vital for prolonged activities, such as marathon running.

13. Describe five types of coaching styles and their impact on team performance.

The first type is autocratic coaching. The coach makes all decisions, which ensures discipline but may reduce athlete creativity.

The second type is democratic coaching. The coach involves athletes in decision-making, which boosts motivation and team spirit.

The third type is laissez-faire coaching. The coach gives minimal direction, allowing athletes to take responsibility, though it can lead to lack of discipline.

The fourth type is holistic coaching. This style focuses on the athlete's overall well-being, including physical, mental, and social aspects, which improves balance and motivation.

The fifth type is transformational coaching. The coach inspires athletes by setting high expectations and motivating them to achieve their best, improving overall performance.

14. Explain five ethical issues that a physical education teacher may face.

The first issue is favoritism. Teachers must treat all students equally to avoid discrimination.

The second issue is fairness in assessment. Assessments should be objective and not biased toward particular students.

The third issue is confidentiality. Teachers must keep student records and personal information private.

The fourth issue is professional conduct. Teachers must maintain appropriate relationships with students and avoid misconduct.

The fifth issue is safety. Teachers have an ethical responsibility to ensure students participate in activities without unnecessary risk of injury.

15. Analyse four criteria for selecting teaching aids in a physical education class.

The first criterion is relevance. Teaching aids must match the lesson objectives and support student understanding.

The second criterion is availability. The aids should be accessible and easy for the teacher to use in class.

The third criterion is suitability. Aids should fit the age, ability, and interests of learners to maximize effectiveness.

The fourth criterion is durability. Teaching aids should be strong enough to withstand repeated use without damage.

16. Discuss the importance of curriculum planning in physical education. Give six points.

The first importance is providing structure. Curriculum planning ensures physical education follows an organized program.

The second importance is achieving objectives. Planning helps meet specific educational goals for physical development.

The third importance is resource allocation. It ensures that equipment and facilities are used efficiently.

The fourth importance is progression. Curriculum planning ensures that students build skills gradually from simple to complex.

The fifth importance is inclusiveness. Planning allows the teacher to cater for all learners' needs and abilities.

The sixth importance is evaluation. It provides a basis for measuring the success of the program and identifying areas for improvement.

17. Explain five roles of a physical education teacher in a school setting.

The first role is instruction. Teachers plan and deliver physical activities that promote skill development.

The second role is assessment. They evaluate student performance to ensure learning outcomes are achieved.

The third role is guidance. Teachers counsel students on healthy living, fitness, and sports participation.

The fourth role is safety. They ensure a safe environment by supervising activities and preventing accidents.

The fifth role is role modeling. Physical education teachers demonstrate discipline, teamwork, and respect, which inspire students.

18. Analyse the importance of co-curricular activities in promoting physical education. Give five points.

The first importance is skill development. Co-curricular activities provide additional practice for students to refine their physical skills.

The second importance is promoting health. These activities encourage regular exercise, improving fitness and well-being.

The third importance is social interaction. Students build friendships and teamwork skills outside the classroom.

The fourth importance is talent identification. Schools can discover and nurture students with special sporting abilities.

The fifth importance is stress relief. Co-curricular activities provide relaxation and recreation, improving students' mental health.