

**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: 2004 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).

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SECTION A (30 Marks)

Answer all questions in this section.

1. Outline six factors that influence an athlete's performance in a competition.

The first factor is physical fitness. An athlete who has trained properly and maintained strength, speed, and endurance is more likely to perform better.

The second factor is mental preparation. Confidence, focus, and emotional stability greatly affect how well an athlete handles pressure in competition.

The third factor is nutrition. A well-balanced diet ensures the athlete has enough energy, strength, and recovery ability during and after performance.

The fourth factor is coaching. Proper guidance from experienced coaches helps athletes build correct techniques and strategies for success.

The fifth factor is facilities and equipment. Access to good training grounds, modern gear, and safe equipment enhances performance levels.

The sixth factor is environmental conditions. Weather, altitude, and crowd presence can influence how well an athlete competes.

2. Enumerate five benefits of using visual aids in physical education lessons.

The first benefit is improved understanding. Visual aids make concepts clearer by showing how activities should be performed.

The second benefit is increased retention. Learners remember information better when they see it presented visually.

The third benefit is motivation. Visual materials capture learners' attention and encourage active participation.

The fourth benefit is demonstration support. Teachers can use visual aids to model correct movements for learners to imitate.

The fifth benefit is reducing language barriers. Visuals help explain ideas even when students struggle with theoretical terms.

3. Describe three types of ligaments and their role in the human body.

One type is the anterior cruciate ligament (ACL). It stabilizes the knee joint by preventing the shinbone from sliding forward.

Another type is the posterior cruciate ligament (PCL). It prevents the shinbone from moving backward excessively and supports knee movement.

The third type is the collateral ligaments. They are located on the sides of the knee and provide stability by controlling sideways motion.

4. Identify six essential qualities of a good sports official.

The first quality is fairness. A good official treats all players equally and avoids bias.

The second quality is honesty. Officials must maintain integrity and make decisions truthfully.

The third quality is confidence. Strong decision-making under pressure is necessary in competitive sports.

The fourth quality is knowledge of rules. Officials should thoroughly understand and apply all game laws.

The fifth quality is communication. Clear explanations help players and coaches accept decisions.

The sixth quality is physical fitness. Good health and stamina allow officials to keep up with fast-paced games.

5. Differentiate between macro-cycle, meso-cycle, and micro-cycle in sports training.

A macro-cycle is a long-term training plan, usually covering a year or an entire season. It sets overall goals for performance.

A meso-cycle is a medium-term phase within a macro-cycle, often lasting weeks or months. It focuses on specific objectives like strength or endurance.

A micro-cycle is a short-term training unit, often one week. It breaks down activities into daily schedules with precise exercises.

6. Mention six characteristics of a good physical education lesson.

One characteristic is clear objectives. Lessons should have defined goals for learning outcomes.

Another is proper organization. Activities must be arranged logically to progress from simple to complex.

The third is safety. A good lesson considers injury prevention and use of appropriate equipment.

The fourth is inclusiveness. Every student should participate regardless of ability.

The fifth is variety. Using different teaching methods keeps learners active and interested.

The sixth is effective evaluation. Teachers must assess learners' progress at the end of the lesson.

7. Outline six ways of preventing injuries in team sports.

One way is proper warm-up before activities to prepare muscles and joints.

Another way is wearing protective gear such as helmets, shin guards, or pads.

The third way is using correct techniques to avoid unnecessary strain.

The fourth way is maintaining proper playing surfaces free from hazards.

The fifth way is allowing adequate rest between training sessions.

The sixth way is following game rules to prevent reckless play.

8. Explain the concept of sports marketing and its importance. Give three points.

Sports marketing is the process of promoting sports events, products, and athletes to attract fans, sponsors, and participants.

Its first importance is revenue generation. Sports marketing increases ticket sales, merchandise, and sponsorships.

The second importance is promoting talent. It helps athletes and teams gain recognition and attract opportunities.

The third importance is boosting fan engagement. Marketing activities increase public interest and loyalty to sports.

9. Describe three types of throws used in shot put.

One type is the glide technique. The athlete slides across the circle before releasing the shot.

The second type is the spin technique. The thrower rotates in the circle to generate momentum before release.

The third type is the standing throw. It is a basic method where the athlete throws from a fixed position without movement.

10. List down six types of fouls in football.

One foul is tripping an opponent.

Another foul is handling the ball deliberately.

The third foul is pushing another player.

The fourth foul is holding an opponent's jersey or body.

The fifth foul is charging dangerously or recklessly.

The sixth foul is using offensive or abusive language toward officials or players.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on five different types of sports injuries and their first aid treatment.

One type is a sprain. It is an injury to ligaments caused by twisting joints, and first aid includes rest, ice, compression, and elevation.

Another type is a strain. It affects muscles or tendons due to overstretching, and first aid is rest and applying ice to reduce swelling.

The third type is a fracture. It is a broken bone, and first aid requires immobilization and immediate transfer to hospital.

The fourth type is dislocation. It occurs when a bone slips out of its joint, and first aid involves immobilizing the area and seeking medical help.

The fifth type is concussion. It results from a blow to the head, and first aid involves resting the victim and monitoring consciousness.

12. Explain five principles of training that an athlete must follow to improve performance.

The first principle is specificity. Training should target the specific skills or muscles used in the sport.

The second principle is overload. Athletes must gradually increase intensity to improve strength and endurance.

The third principle is progression. Training should move from simple to more complex and challenging exercises.

The fourth principle is reversibility. Gains are lost if training stops, so consistency is required.

The fifth principle is individual differences. Training should be adjusted to each athlete's ability and condition.

13. Describe five functions of a sports federation in a country.

One function is organizing national competitions and leagues.

Another function is enforcing rules and regulations of the sport.

The third function is promoting the sport through awareness and development programs.

The fourth function is selecting and preparing national teams for international events.

The fifth function is ensuring fair play and discipline among athletes and officials.

14. Elaborate on the role of nutrition in an athlete's performance. Give five points.

The first role is energy provision. Carbohydrates and fats supply energy needed during training and competition.

The second role is muscle growth and repair. Proteins help rebuild muscles after intense exercise.

The third role is hydration. Adequate water intake prevents dehydration and maintains performance.

The fourth role is recovery. Proper nutrition helps the body recover faster after strenuous activity.

The fifth role is immunity. Vitamins and minerals strengthen the body against illness that could hinder performance.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse the role of community-based physical activities in promoting health and wellness. Give five points.

One role is promoting physical fitness by keeping community members active and healthy.

The second role is reducing lifestyle diseases such as diabetes and hypertension through regular activity.

The third role is building social interaction, as people come together and strengthen relationships through sports.

The fourth role is promoting mental health by reducing stress and improving mood.

The fifth role is enhancing community unity by creating a sense of belonging and teamwork.

16. Explain four types of evaluation and their importance in a physical education class.

One type is formative evaluation. It checks progress during lessons and helps teachers adjust teaching methods.

Another type is summative evaluation. It assesses overall achievement at the end of a unit or term.

The third type is diagnostic evaluation. It identifies learners' strengths and weaknesses before instruction.

The fourth type is continuous evaluation. It measures progress regularly to monitor improvement and consistency.

17. Describe the importance of observation as a teaching method in physical education. Give six points.

The first importance is identifying learners' skills and abilities during performance.

The second importance is detecting mistakes in technique, which helps teachers correct learners.

The third importance is assessing learners' attitudes and participation levels.

The fourth importance is monitoring progress and improvement over time.

The fifth importance is providing feedback to learners for motivation and correction.

The sixth importance is helping teachers plan future lessons based on observed strengths and weaknesses.

18. Discuss how technology has influenced the teaching and learning of physical education. Give five points.

The first influence is the use of video analysis, which helps learners review and improve their performance.

The second influence is online learning platforms that allow students to access PE resources remotely.

The third influence is wearable devices that track fitness and performance data.

The fourth influence is modern equipment that enhances training safety and effectiveness.

The fifth influence is social media, which promotes awareness of physical activities and connects learners with global sporting trends.