

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

**736/1**

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**Thursday, 13<sup>rd</sup> May 2004 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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## **SECTION A (30 Marks)**

Answer all questions in this section.

1. Outline six factors that influence an athlete's performance in a competition.
2. Enumerate five benefits of using visual aids in physical education lessons.
3. Describe three types of ligaments and their role in the human body.
4. Identify six essential qualities of a good sports official.
5. Differentiate between macro-cycle, meso-cycle, and micro-cycle in sports training.
6. Mention six characteristics of a good physical education lesson.
7. Outline six ways of preventing injuries in team sports.
8. Explain the concept of sports marketing and its importance. Give three points.
9. Describe three types of throws used in shot put.
10. List down six types of fouls in football.

## **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.
12. Explain five principles of training that an athlete must follow to improve performance.
13. Describe five functions of a sports federation in a country.
14. Elaborate on the role of nutrition in an athlete's performance. Give five points.

### **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.
16. Explain four types of evaluation and their importance in a physical education class.
17. Describe the importance of observation as a teaching method in physical education. Give six points.
18. Discuss how technology has influenced the teaching and learning of physical education. Give five points.