

**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: 2005 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.

1. Identify six environmental (external) factors that may lead to athlete stress or burnout.

Noise from spectators or surroundings can distract athletes and increase stress levels.

Poor facility conditions, such as uneven playing surfaces, can create anxiety about safety and performance.

Extreme weather conditions, like high heat or cold, can physically and mentally strain athletes.

Travel demands for competitions can disrupt rest and increase fatigue.

Pressure from coaches or team management to perform at high levels can elevate stress.

Media scrutiny or social expectations can create psychological pressure that contributes to burnout.

2. Outline three managerial skills essential for a sports event planner.

Time management ensures that all event activities occur on schedule and deadlines are met.

Budgeting skills allow planners to allocate resources effectively and avoid financial shortfalls.

Communication skills help coordinate between teams, sponsors, officials, and participants efficiently.

3. Differentiate between content and process in curriculum planning (three points).

Content refers to the knowledge, skills, and information that learners are expected to acquire, whereas process refers to the methods and activities used to deliver that content.

Content focuses on “what” is taught, while process emphasizes “how” learning occurs.

Content can be standardized across learners, while process can be adapted to suit individual learning needs and contexts.

4. In basketball, list six fouls that result in free throws.

Personal fouls during shooting attempts lead to free throws.

Technical fouls committed by players or coaches result in free throws.

Flagrant fouls, which involve excessive or violent contact, award free throws.

Intentional fouls when the opponent is in a scoring position result in free throws.

Unsportsmanlike conduct fouls by team members can award free throws.

Fouls during penalty situations, such as bonus free throws, also result in attempts from the free-throw line.

5. For volleyball, name three types of sets and describe each.

Dink set is a soft, controlled set used to deceive opponents and place the ball just above the net.

Back set is delivered behind the setter to attack from an unexpected angle, often catching defenders off guard.

Overhand set involves raising the ball overhead with fingers, providing height and control for powerful attacks.

6. List six ways a point may be scored in table tennis.

When the opponent fails to return the ball over the net.

If the opponent hits the ball outside the table boundaries.

When the ball touches the opponent's side twice without being returned.

If the opponent obstructs or touches the table illegally during play.

By a successful smash or spin that the opponent cannot return.

When the opponent serves incorrectly, violating service rules.

7. Briefly explain three functions of the skeletal system.

Support: bones provide structural framework for the body and maintain posture.

Protection: bones encase vital organs, such as the brain, heart, and lungs, reducing injury risk.

Movement: bones act as levers for muscles to pull against, enabling coordinated motion.

8. State six causes of tendonitis in athletes.

Repetitive overuse of specific muscles or tendons causes micro-tears.

Improper technique during training or competition stresses tendons.

Insufficient warm-up or stretching leaves tendons vulnerable to injury.

Sudden increases in training intensity overload the tendons.

Poorly fitted equipment or footwear can alter biomechanics, increasing stress on tendons.

Aging and reduced tendon elasticity make tendons more prone to inflammation.

9. Name three benefits of questioning and peer teaching techniques in P.E.

Questioning encourages critical thinking and helps students process and understand concepts.

Peer teaching reinforces learning as learners explain skills or knowledge to classmates.

Both techniques increase engagement and participation, making lessons interactive.

10. Describe three fats (lipids) and their role in athletic nutrition.

Saturated fats provide a dense energy source but should be consumed in moderation to avoid health risks.

Unsaturated fats (monounsaturated and polyunsaturated) support heart health and provide long-lasting energy.

Essential fatty acids, like omega-3 and omega-6, aid in reducing inflammation and supporting recovery from exercise.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Describe how motor units and muscle fibers contribute to strength contraction.

A motor unit consists of a motor neuron and the muscle fibers it innervates.

Activation of motor units recruits muscle fibers to generate force.

The more motor units recruited, the greater the strength of contraction.

Muscle fiber type (fast-twitch or slow-twitch) influences speed and power of contraction.

Coordination of multiple motor units ensures smooth and efficient movement.

12. (a) Outline five movement patterns used in aerobic dance.

Grapevine: a sideways stepping sequence enhancing coordination and rhythm.

Step touch: lateral movement to engage lower body and maintain aerobic intensity.

V-step: forward and backward steps to improve lower limb strength and agility.

Kick-ball-change: dynamic footwork that increases heart rate and enhances balance.

Overhead clap with squat: combining upper and lower body for total-body cardiovascular challenge.

(b) Give four social or health benefits of participating in aerobic dance.

Improved cardiovascular endurance supports overall heart health.

Enhanced muscular endurance strengthens core and lower body muscles.

Social interaction promotes teamwork and reduces feelings of isolation.

Mood elevation occurs due to endorphin release during rhythmic movement.

13. Why is management of sports facilities important in Tanzania? Give five reasons.

Proper facility management ensures athlete safety during training and competitions.

It prolongs the lifespan of equipment and infrastructure.

Efficient scheduling maximizes facility usage and reduces conflicts.

Good maintenance attracts more participants and community engagement.

Proper management supports organized events and enhances overall sporting standards.

14. Enumerate seven tactical tips in doubles badminton.

Maintain proper court positioning to cover all areas effectively.

Communicate continuously with your partner to avoid overlaps or gaps.

Use shot variation (drop, clear, smash) to create opportunities.

Anticipate opponents' shots to prepare defensive or offensive responses.

Exploit weak areas in opponents' positioning.

Rotate players strategically to maintain stamina and coverage.

Serve strategically to gain advantage at the start of the rally.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse five factors a curriculum developer should consider.

Relevance: content must meet learners' needs and societal expectations.

Balance: ensure an even distribution of physical fitness, skill acquisition, and recreational activities.

Sequence: arrange content logically from simple to complex to facilitate learning.

Feasibility: consider available resources, facilities, and teacher competencies.

Safety: ensure activities minimize risk of injury and promote learner well-being.

16. (a) Explain four modes of teaching practice.

Coaching: direct instruction with expert demonstration and guidance.

Peer teaching: learners teach and correct each other under supervision.

Simulation: recreating realistic scenarios to practice skills safely.

Discovery: learners explore solutions independently, promoting critical thinking.

(b) Give three roles of moderation in block teaching practice.

Ensures consistent assessment standards across learners.

Provides feedback to improve teaching strategies and lesson delivery.

Balances workload to avoid teacher and student fatigue.

17. (a) What is a logbook in teacher education?

A logbook is a record kept by teachers documenting lesson plans, observations, student progress, and reflections during teaching practice.

(b) Discuss its significance to supervision, reflection, and accountability.

Supervision: allows mentors to monitor teaching and provide constructive feedback.

Reflection: helps teachers evaluate their performance and identify areas for improvement.

Accountability: maintains records of activities, lesson implementation, and student progress for professional evaluation.

18. Present nine principles of effective P.E. instruction.

Continuity: lessons should progress logically without unnecessary interruptions.

Progression: activities should move from simple to complex skills gradually.

Variety: different exercises and games maintain interest and motivation.

Safety: ensuring an environment free from hazards to prevent injuries.

Engagement: active participation by all learners enhances learning outcomes.

Inclusivity: accommodating learners of varying abilities and backgrounds.

Relevance: connecting activities to real-life experiences and interests of students.

Feedback: providing timely and constructive input to correct and reinforce skills.

Assessment: evaluating learning outcomes continuously to guide instruction and improvement.