

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

736/1

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**Thursday, 19<sup>th</sup> May 2005 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 from this section.

1. Identify six environmental factors that may lead to athlete stress or burnout.
2. Outline three managerial skills essential for a sports event planner.
3. Differentiate between content and process in curriculum planning (three points).
4. In basketball, list six fouls that result in free throws.
5. For volleyball, name three types of sets and describe each.
6. List six ways a point may be scored in table tennis.
7. Briefly explain three functions of the skeletal system.
8. State six causes of tendonitis in athletes.
9. Name three benefits of questioning and peer teaching techniques in P.E.
10. Describe three fats and their role in athletic nutrition.

### **SECTION B (30 Marks)**

Answer two (2) questions from this section

11. Describe how motor units and muscle fibers contribute to strength contraction.
12. (a) Outline five movement patterns used in aerobic dance.  
(b) Give four social or health benefits of participating in aerobic dance.
13. Why is management of sports facilities important in Tanzania? Give five reasons.
14. Enumerate seven tactical tips in doubles badminton.

### **SECTION C (40 Marks)**

Answer two (2) questions from this section

15. Analyse five factors a curriculum developer should consider.

16. (a) Explain four modes of teaching practice.
- (b) Give three roles of moderation in block teaching practice.
17. (a) What is a logbook in teacher education?
- (b) Discuss its significance to supervision, reflection, and accountability.
18. Present nine principles of effective P.E. instruction.