

**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: 2006 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. Mention six basic rules in a basketball game.

One basic rule in basketball is dribbling. A player must bounce the ball while moving and cannot run while holding it, otherwise it becomes a violation known as “traveling.”

Another rule is the shot clock. Teams must attempt a field goal within the set time limit, usually 24 seconds, to keep the game fast and fair.

A third rule is the scoring system. A shot from inside the arc counts as two points, while a successful shot beyond the arc is three points, and free throws are worth one point.

The fourth rule is fouls. Illegal physical contact, such as hitting, pushing, or charging into an opponent, is considered a foul and may lead to free throws or possession loss.

The fifth rule is out of bounds. The ball is considered out if it touches the boundary lines or goes beyond them, and possession is given to the opposing team.

The sixth rule is jump ball or possession arrow. At the beginning of the game, a jump ball is used to start play, and afterwards, possession alternates between teams in tied situations.

2. Outline three main reasons why a physical education teacher needs to be physically fit.

One reason is effective demonstration. A physically fit teacher can clearly show learners how to perform physical skills, making teaching more practical and understandable.

Another reason is credibility. When a teacher maintains good fitness, learners respect them as role models who practice what they teach.

The third reason is endurance. Teaching physical education involves moving around, supervising, and sometimes joining activities, so fitness helps the teacher handle these demands without fatigue.

3. What are the benefits of a balanced diet for an athlete? State five points.

A balanced diet provides energy. Athletes require sufficient carbohydrates, proteins, and fats to fuel their training sessions and competitions.

It supports muscle growth and repair. Proteins in the diet help the body rebuild tissues and recover after intense physical activity.

A balanced diet enhances immunity. Vitamins and minerals from fruits and vegetables strengthen the body against illnesses that may interrupt training.

It improves hydration. Foods rich in water content, combined with proper fluid intake, keep the athlete's body functions stable during performance.

A balanced diet also promotes faster recovery. Nutrients aid in repairing muscles, replenishing energy stores, and reducing fatigue after strenuous exercise.

4. Briefly describe the six stages of a human's emotional development in sports psychology.

The first stage is infancy. At this stage, emotions are basic, and children respond to comfort, discomfort, and attention from caregivers.

The second stage is childhood. Here, children learn to manage emotions like joy, anger, and fear, and sports can help them practice control.

The third stage is adolescence. During this stage, young people experience heightened emotions and often face challenges of identity and peer pressure in sports.

The fourth stage is early adulthood. Athletes develop emotional stability, motivation, and resilience, which influence performance and teamwork.

The fifth stage is middle adulthood. Emotions focus on responsibility, maintaining balance, and coping with stress from multiple life commitments alongside sport.

The sixth stage is old age. Emotional development here emphasizes acceptance, maintaining confidence, and finding joy in participation rather than competition.

5. Differentiate between a sprint and a long-distance race. Give three points.

A sprint is a short race, usually less than 400 meters, that requires maximum speed and explosive power. A long-distance race, however, covers distances above 1500 meters and emphasizes endurance.

Another difference is energy use. Sprints rely on anaerobic energy systems that provide short bursts of energy, while long-distance races depend on aerobic systems that support sustained effort.

A third difference is pace. Sprinters run at full intensity from start to finish, while long-distance runners conserve energy by maintaining a steady, controlled pace.

6. Enumerate six functions of a sports committee.

One function is organizing competitions. A sports committee ensures that events are well-structured and conducted according to set rules.

Another function is resource management. It allocates funds, facilities, and equipment for various sports activities.

The third function is setting rules and policies. Committees develop regulations that govern participation and conduct.

The fourth function is promoting sports. They encourage community involvement and increase awareness of physical activities.

The fifth function is resolving disputes. A committee ensures fairness by addressing conflicts among players or teams.

The sixth function is talent identification. Committees help discover and nurture potential athletes through scouting and training programs.

7. Outline six types of serves used in volleyball.

One type is the underhand serve, where the player strikes the ball from below the waist, making it simple for beginners.

Another is the overhand serve, which involves tossing the ball upward and striking it with power for accuracy.

The third is the jump serve, where the player jumps before hitting the ball, generating speed and unpredictability.

The fourth type is the float serve. It is hit with minimal spin, causing the ball to move erratically in the air.

The fifth type is the topspin serve. The player imparts forward spin to the ball, making it drop quickly on the opponent's side.

The sixth type is the hybrid serve, a mix of float and topspin, designed to confuse the receiving team.

8. Describe three main types of muscles in the human body.

One type is skeletal muscle. It attaches to bones and helps in voluntary movement like running or jumping.

Another type is smooth muscle. These are found in internal organs like the stomach and function involuntarily to regulate processes such as digestion.

The third type is cardiac muscle. Found only in the heart, it contracts involuntarily to pump blood throughout the body.

9. List down six ways of controlling a football during a game.

One way is using the inside of the foot, which allows for precise control and accurate passing.

Another way is with the outside of the foot, which helps in quick changes of direction.

The third way is trapping the ball with the sole of the foot to stop or redirect it.

The fourth way is controlling with the thigh, useful for receiving aerial passes.

The fifth way is chest control, where the chest cushions the ball from the air before passing or shooting.

The sixth way is heading, using the forehead to control and direct the ball effectively.

10. What is the importance of a sports budget? State five points.

A sports budget ensures proper allocation of resources, making sure funds are used where they are most needed.

It promotes accountability by tracking how money is spent and ensuring transparency in sports management.

A budget aids in planning, helping managers forecast expenses for competitions, equipment, and training.

It supports development by allocating funds for talent nurturing and infrastructure growth.

Finally, a sports budget helps prevent overspending, keeping the organization financially stable and sustainable.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the six causes of stress in a physical education teacher.

One cause is workload. Teachers often manage multiple classes and extracurricular activities, which can be overwhelming.

Another cause is time pressure. Deadlines for lesson preparation, assessments, and reports create constant stress.

A third cause is lack of resources. Insufficient equipment or poor facilities can make teaching difficult and frustrating.

The fourth cause is student behavior. Managing misbehaving or unmotivated students can be mentally exhausting.

The fifth cause is performance pressure. Teachers feel stress to ensure students meet physical education standards and perform well in competitions.

The sixth cause is personal factors. Balancing work and personal life, health issues, or financial concerns adds to overall stress.

12. Explain how the circulatory system works during physical exercise. Give five points.

During exercise, the heart rate increases. This pumps more blood per minute, supplying muscles with oxygen and nutrients needed for energy.

Blood vessels dilate in active muscles. This vasodilation improves blood flow, ensuring muscles receive sufficient oxygen and glucose.

Red blood cells transport oxygen. Hemoglobin carries oxygen from the lungs to working muscles, supporting aerobic metabolism.

Waste products like carbon dioxide and lactic acid are removed more efficiently. Increased blood flow transports them to the lungs and liver for elimination.

The circulatory system also helps regulate body temperature. Blood flow to the skin increases, allowing heat to dissipate through sweating and preventing overheating.

13. Describe five types of passes used in football and their importance.

The first type is the short pass. It is used for accurate, quick movement of the ball over small distances and maintains team possession.

The second type is the long pass. It covers large distances, helping to advance the ball quickly toward the opponent's goal.

The third type is the through pass. It splits the defense and provides scoring opportunities for teammates running behind defenders.

The fourth type is the lofted pass. This pass goes over opponents' heads to reach teammates in open spaces and can bypass congested areas.

The fifth type is the back pass. It maintains possession under pressure and allows the team to reorganize or reset attacks.

14. Elaborate on the importance of sports coaching in the development of young athletes. Give six points.

One importance is skill development. Coaches teach technical and tactical skills, helping young athletes improve performance.

Another is motivation. Coaches inspire and encourage athletes to train hard and stay committed to their sport.

A third importance is discipline. Coaches instill rules, routines, and work ethics necessary for consistent improvement.

The fourth importance is injury prevention. Coaches ensure proper technique and safe practices during training and competitions.

The fifth importance is goal setting. Coaches help athletes set achievable objectives, fostering growth and progress over time.

The sixth importance is character building. Through guidance and mentorship, coaches help young athletes develop confidence, teamwork, and sportsmanship.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse five factors that influence the choice of a teaching method in physical education.

One factor is the learners' age. Younger students may require more demonstrations and playful activities, while older students can handle structured drills.

Another factor is the skill level of learners. Beginners need simple step-by-step instructions, whereas advanced learners benefit from more complex or individualized approaches.

A third factor is available resources. The presence of equipment, space, and teaching aids can determine whether practical or theoretical methods are used.

The fourth factor is lesson objectives. Methods should align with what the teacher aims to achieve, such as improving skills, fitness, or teamwork.

The fifth factor is class size. Large classes may require group activities or peer teaching, while smaller groups allow more individualized attention.

16. Explain four types of teaching aids and their uses in a physical education class.

One type is visual aids, such as charts and diagrams. They help learners understand techniques, game rules, and strategies.

Another type is audio aids, including recorded instructions or whistles. They provide cues and help maintain rhythm during exercises.

The third type is mechanical aids, like cones, hurdles, or balls. These facilitate skill development and create practical learning experiences.

The fourth type is digital aids, such as videos or apps. They allow students to watch demonstrations, track progress, and analyze performance.

17. Discuss the importance of a student's personal development record in physical education. Give five points.

One importance is tracking progress. It allows teachers to monitor improvements in skills, fitness, and participation over time.

Another is goal setting. Students can set targets based on previous performance and strive to achieve measurable objectives.

A third importance is motivation. Seeing tangible progress encourages learners to remain committed to training and activities.

The fourth importance is personalized feedback. Teachers can provide guidance tailored to each student's strengths and weaknesses.

The fifth importance is evaluation for selection. Personal development records help identify talent for school teams or competitions.

18. Analyse the role of physical education in promoting social and emotional well-being. Give four points.

One role is improving teamwork skills. Physical activities often require cooperation, which strengthens social bonds among students.

Another role is building self-confidence. Successfully performing skills and participating in games boosts self-esteem and personal pride.

A third role is stress reduction. Physical activity releases endorphins that improve mood and help manage anxiety.

The fourth role is teaching discipline and self-control. Adhering to rules, managing emotions, and handling wins or losses fosters emotional maturity.