

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

736/1

PHYSICAL EDUCATION AND SPORT 1

Time: 3 Hours.

Thursday, 18th May 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.
2. Outline three main reasons why a physical education teacher needs to be physically fit.
3. What are the benefits of a balanced diet for an athlete? State five points.
4. Briefly describe the six stages of a human's emotional development in sports psychology.
5. Differentiate between a sprint and a long-distance race. Give three points.
6. Enumerate six functions of a sports committee.
7. Outline six types of serves used in volleyball.
8. Describe three main types of muscles in the human body.
9. List down six ways of controlling a football during a game.
10. What is the importance of a sports budget? State five points.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the six causes of stress in a physical education teacher.
12. Explain how the circulatory system works during physical exercise. Give five points.
13. Describe five types of passes used in football and their importance.
14. Elaborate on the importance of sports coaching in the development of young athletes. Give six points.

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.
16. Explain four types of teaching aids and their uses in a physical education class.
17. Discuss the importance of a student's personal development record in physical education. Give five points.
18. Analyse the role of physical education in promoting social and emotional well-being. Give four points.