

**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: 2007 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. List six personality traits that might affect performance in competitive sport.**

Confidence is essential as athletes with high self-belief perform better under pressure.

Motivation drives consistent training and effort during competitions.

Discipline ensures adherence to training schedules, rules, and dietary requirements.

Resilience allows athletes to recover quickly from setbacks or poor performances.

Patience helps in skill acquisition and long-term performance improvement.

Emotional stability enables athletes to remain calm and focused, minimizing impulsive actions during competition.

### **2. Name three planning skills vital for a P.E. teacher.**

Time management allows the teacher to allocate appropriate duration for warm-ups, skill practice, and cool-downs.

Lesson structuring ensures activities progress logically from simple to complex skills.

Resource planning involves preparing equipment, facilities, and teaching aids in advance to avoid interruptions.

### **3. Distinguish between aims and objectives in curriculum design (three differences).**

Aims are broad statements of purpose, while objectives are specific, measurable outcomes.

Aims describe long-term intentions; objectives focus on short-term achievements.

Aims guide overall curriculum direction, whereas objectives guide lesson planning and assessment.

### **4. In basketball, list six occasions when a player is given a “traveling” violation.**

When a player takes more than two steps without dribbling.

When a player changes pivot foot illegally while holding the ball.

When a player lifts the pivot foot before dribbling or passing.

When a player jumps and lands without releasing the ball correctly.

When a player rotates excessively while holding the ball without dribbling.

When a player dribbles, stops, and then moves without passing or shooting.

**5. For volleyball, name three techniques related to “setting over obstacles” and explain briefly.**

Jump set involves the setter jumping to place the ball above blockers.

Back set requires the setter to direct the ball behind them for a surprise attack.

Overhead set uses precise hand placement to send the ball over blockers with controlled height and trajectory.

**6. Provide six ways points may be scored in indoor hockey.**

By hitting the ball into the opponent’s goal legally.

By a deflection off the stick during a legal play that enters the goal.

By converting a penalty corner into a goal.

By scoring from a penalty stroke.

By forcing the opposing team to commit an own goal.

By executing a successful rebound shot after a save by the goalkeeper.

**7. Describe three types of bone cells.**

Osteoblasts are bone-forming cells that secrete collagen and minerals to build bone tissue.

Osteoclasts are responsible for breaking down bone tissue during growth or repair.

Osteocytes are mature bone cells that maintain bone structure and mineral content.

**8. State six risk factors for muscle tears or strains in athletes.**

Poor flexibility increases susceptibility to muscle overstretching.

Inadequate warm-up leaves muscles stiff and prone to injury.

Muscle fatigue reduces coordination and strength, increasing tear risk.

Previous injury sites are more vulnerable to re-injury.

Rapid increases in training intensity or load can cause strain.

Incorrect technique during exercises can stress muscles improperly.

**9. List three advantages of group work and case study methods in P.E.**

Group work encourages collaboration, teamwork, and communication among students.

Case studies promote critical thinking and application of theoretical knowledge.

Both methods provide opportunities for active participation and peer learning.

**10. Explain three roles of vitamins in athlete health and performance.**

Vitamin A supports vision and immune function, which is crucial during training and competitions.

Vitamin D promotes calcium absorption and bone strength, reducing the risk of fractures.

Vitamin C aids in tissue repair and recovery from exercise-induced damage.

**SECTION B (30 Marks)**

**Answer two (2) questions from this section.**

**11. Explain how sliding filament theory describes muscle contraction.**

The sliding filament theory states that muscle fibers contract when actin filaments slide past myosin filaments.

Motor neuron impulses trigger calcium release in the sarcoplasmic reticulum.

Calcium binds to troponin, causing tropomyosin to move and expose binding sites on actin.

Myosin heads attach to actin, forming cross-bridges and pulling actin filaments inward.

ATP provides energy for myosin heads to detach and reattach, repeating the cycle for sustained contraction.

**12. (a) Outline five components of a complete aerobic dance class.**

Warm-up prepares muscles and the cardiovascular system for vigorous activity.

Step sequences combine rhythmic movements that enhance coordination.

Main choreography incorporates aerobic intensity and diverse movement patterns.

High-intensity intervals challenge cardiovascular fitness and endurance.

Cool-down includes stretching and gradual reduction of heart rate to prevent injury.

**(b) State four emotional or psychological benefits for regular participants.**

Stress reduction occurs as exercise and music help release tension.

Improved mood is facilitated by endorphin release during aerobic activity.

Increased self-confidence arises from mastering skills and routines.

Social interaction fosters connection, teamwork, and community belonging.

**13. Explain five challenges in sports management in Tanzanian schools and suggest mitigating strategies.**

Limited funding restricts equipment and facility availability; schools can partner with local sponsors or NGOs.

Inadequate training of managers may reduce efficiency; provide professional development workshops.

Poor student participation due to academic pressure can be mitigated by scheduling flexible training sessions.

Safety concerns arise from poorly maintained facilities; regular inspections and maintenance are essential.

Limited organizational support from authorities can be addressed through advocacy and stakeholder engagement.

**14. Describe seven strategic considerations when playing doubles in tennis.**

Shot placement is key to forcing opponents out of position.

Serve strategy should vary pace and direction to challenge opponents.

Return positioning helps anticipate opponents' responses.

Communication between partners ensures coordinated coverage of the court.

Spin usage (topspin, slice) creates tactical advantages.

Movement rotation allows partners to switch effectively and maintain balance.

Observing opponents' weaknesses helps exploit vulnerabilities during rallies.

**SECTION C (40 Marks)**

**Answer two (2) questions from this section.**

**15. Analyse five principles for selecting and sequencing content in P.E. curriculum.**

Relevance ensures selected activities meet learner needs and community expectations.

Feasibility considers available facilities, teacher expertise, and time allocation.

Progression arranges skills from simple to complex, enabling gradual learning.

Balance ensures inclusion of fitness, skill development, and recreational activities.

Safety ensures that chosen activities minimize injury risk and promote wellbeing.

**16. (a) Explain four distinct teaching practice types.**

Microteaching involves practicing specific skills in short, focused sessions with feedback.

Team teaching allows collaboration between instructors to manage larger groups and share expertise.

Peer teaching enables learners to teach one another, reinforcing understanding.

Observation practice involves watching experienced teachers and reflecting on methods used.

**(b) Give three merits of moderation during block teaching.**

Prevents fatigue by balancing workload and rest periods.

Enhances retention of learned skills and knowledge.

Maintains motivation and engagement throughout extended teaching sessions.

**17. (a) Define teacher log book in P.E.**

A logbook is a record maintained by a P.E. teacher documenting lesson plans, student performance, and reflections on teaching practice.

**(b) Examine its significance in record keeping, reflection, and supervision.**

It tracks progress over time, helping teachers monitor learning outcomes.

It provides a tool for reflection, enabling professional growth.

It supports supervision, allowing mentors to evaluate and give feedback.

**18. Outline nine principles of teaching and learning in P.E.**

Clarity: providing clear instructions and learning objectives.

Progression: moving from basic to complex skills in a structured manner.

Engagement: ensuring active participation by all learners.

Reinforcement: providing feedback to correct errors and enhance learning.

Safety: conducting activities in a risk-free environment.

Inclusivity: accommodating diverse abilities and learning styles.

Relevance: connecting activities to learners' interests and real-life application.

Variety: offering diverse activities to maintain motivation and prevent monotony.

Assessment: continuously monitoring performance to guide improvement and achievement.