

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

736/1

PHYSICAL EDUCATION AND SPORT 1

Time: 3 Hours.

Thursday, 17th May 2007 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 from this section.

1. List six personality traits that might affect performance in competitive sport.
2. Name three planning skills vital for a P.E. teacher.
3. Distinguish between aims and objectives in curriculum design (three differences).
4. In basketball, list six occasions when a player is given a “traveling” violation.
5. For volleyball, name three techniques related to “setting over obstacles” and explain briefly.
6. Provide six ways points may be scored in indoor hockey.
7. Describe three types of bone cells.
8. State six risk factors for muscle tears or strains in athletes.
9. List three advantages of group work and case study methods in P.E.
10. Explain three roles of vitamins in athlete health and performance.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Explain how sliding filament theory describes muscle contraction.
12. (a) Outline five components of a complete aerobic dance class.
(b) State four emotional or psychological benefits for regular participants.
13. Explain five challenges in sports management in Tanzanian schools and suggest mitigating strategies.
14. Describe seven strategic considerations when playing doubles in tennis.

SECTION C (40 Marks)

Answer two (2) questions from this section.

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

16. (a) Explain four distinct teaching practice types.
- (b) Give three merits of moderation during block teaching.
17. (a) Define teacher log book in P.E.
- (b) Examine its significance in record keeping, reflection, and supervision.
18. Outline nine principles of teaching and learning in P.E.