

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

736/1

PHYSICAL EDUCATION AND SPORT 1

Time: 3 Hours.

Thursday, 15th May 2008 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. Outline three qualities of a good sports leader.
2. Mention six key skills in table tennis.
3. What is the role of the endocrine system in sports performance? State five points.
4. Enumerate six types of throws in netball.
5. Describe three types of muscular contractions.
6. List down six basic rules in a badminton game.
7. Briefly explain the concept of motor learning in physical education.
8. Differentiate between a sport's club and a sports federation. Give three points.
9. Outline six benefits of flexibility exercises.
10. Describe two types of physical fitness and their importance to an athlete.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the role of psychology in sports performance. Give five points.
12. Explain the process of muscle contraction in the human body.
13. Describe five major responsibilities of a sports manager.
14. Explain five strategies for preventing injuries in an athletic team.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse the importance of a well-designed curriculum in physical education. Give four points.
16. Discuss the importance of continuous assessment in a physical education class. Give five points.
17. Explain five criteria for selecting curriculum content in physical education.
18. Elaborate on the role of physical education in promoting lifelong health and fitness. Give five points.