

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

736/1

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**Thursday, 17<sup>th</sup> May 2009 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).

maktaba.tetea.org



### **SECTION A (30 Marks)**

Answer all questions from this section.

1. Name six situational factors that may provoke aggression in sport.
2. State three conflict management skills needed by sport managers.
3. Distinguish between scope and sequence in curriculum planning.
4. In basketball, list six occasions when a “double dribble” violation is called.
5. For volleyball, describe three techniques for jump setting.
6. List six ways a rally may end with a point in squash.
7. Explain three types of cartilage in the human body.
8. List six causes of DOMS.
9. Give three strengths of using role play and simulation in P.E teaching.
10. Describe three carbohydrate types and how they support athletic performance.

### **SECTION B (30 Marks)**

Answer two (2) questions from this section.

11. Explain the roles of motor neurons, neuromuscular junctions, and muscle fibers in contraction.
12. (a) Outline five sequence stages in aerobic dance choreography.  
(b) State four community or health benefits of group aerobic dance.
13. Argue five reasons why sports management is indispensable in Tanzanian teacher colleges or schools.
14. List seven tactics for doubles in table tennis.

### **SECTION C (40 Marks)**

Answer two (2) questions from this section.

15. Analyse five content selection criteria in P.E. curriculum.
16. (a) Explain four models of teaching practice.  
(b) Point out three benefits of moderation in block practice.
17. (a) What is a logbook for a P.E. teacher/intern?  
(b) Describe its significance in tracking, supervision, and improvement.
18. Present nine guiding principles for effective P.E. teaching and learning.