

**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: 2010 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 six basic dribbling techniques in basketball.

One technique is the control dribble. This involves bouncing the ball close to the body with one hand while maintaining balance and awareness of defenders.

Another technique is the speed dribble. The player dribbles faster to advance quickly down the court, often used in fast breaks.

The third technique is the crossover dribble. The ball is dribbled from one hand to the other to evade a defender.

Fourth is the behind-the-back dribble, which involves bouncing the ball behind the back to protect it from opponents.

Fifth is the spin dribble. The player spins their body while keeping the ball under control to change direction and avoid being blocked.

Sixth is the hesitation dribble. The player pauses momentarily while dribbling to deceive the defender and create an opportunity to drive past them.

2. What are the six common injuries in team sports?

One common injury is a sprain, caused by overstretching or tearing ligaments, often affecting ankles or wrists.

Another is a strain, which occurs when muscles or tendons are overstretched, commonly in hamstrings or lower back.

A third injury is a fracture, where bones break due to impact or falls.

Fourth is dislocation, which happens when bones are forced out of their normal joint alignment.

Fifth is contusions or bruises, resulting from direct impact or collisions.

Sixth is concussion, a brain injury caused by a blow to the head, common in contact sports.

3. Enumerate three types of bones in the human body.

One type is long bones, such as the femur and humerus, which provide strength and support for movement.

Another type is short bones, like the carpals and tarsals, which allow flexibility and stability in joints.

The third type is flat bones, such as the skull and ribs, which protect internal organs and provide attachment points for muscles.

4. Briefly describe the concept of sports ethics.

Sports ethics refers to the moral principles that govern behavior in sports. It emphasizes fair play, respect for opponents, honesty, and adherence to the rules.

It also involves integrity, ensuring athletes, coaches, and officials act responsibly and avoid cheating or unsportsmanlike conduct.

5. Differentiate between muscular strength and muscular endurance. Give three points.

Muscular strength is the maximum force a muscle can exert in a single effort, while muscular endurance is the ability to sustain repeated contractions over time.

Strength is used in activities requiring power, like lifting or sprinting, whereas endurance is essential for long-duration activities such as distance running.

Muscular strength develops mainly through heavy resistance training, while endurance is improved through sustained, lighter-load exercises.

6. Mention six benefits of warming up before a game.

One benefit is increased blood flow, which delivers oxygen to muscles and prepares them for activity.

Another is improved flexibility, reducing the risk of strains and sprains.

A third benefit is enhanced mental focus, helping athletes concentrate and react quickly.

Fourth is gradual increase of heart rate, which prepares the cardiovascular system for intense activity.

Fifth is injury prevention, as muscles, tendons, and ligaments become more pliable.

Sixth is performance improvement, as athletes are better prepared physically and mentally to perform at their best.

7. Outline three types of passes in volleyball.

One type is the underhand pass, where the ball is hit with joined hands from below the waist for control.

Another is the overhand pass, or set, which uses the fingers to direct the ball to a teammate for an attack.

The third type is the overhead serve reception, which allows the receiver to control high balls coming from the opponent's serve.

8. Describe two types of physical fitness and their importance.

One type is cardiovascular endurance. This improves heart and lung function, allowing athletes to sustain prolonged activity without fatigue.

Another type is muscular strength. Strong muscles improve performance, enhance posture, and reduce the risk of injury.

9. List down six causes of muscle cramps.

One cause is dehydration, which reduces fluid balance and electrolyte levels, affecting muscle function.

Another cause is fatigue, resulting from overuse or excessive strain on muscles.

A third cause is poor blood circulation, limiting oxygen and nutrient supply to muscles.

Fourth is inadequate stretching or warm-up, which leaves muscles stiff and prone to cramping.

Fifth is electrolyte imbalance, such as low levels of potassium, calcium, or magnesium.

Sixth is holding a muscle in a prolonged position, which restricts normal movement and causes spasm.

10. Explain the role of a physical education teacher in a school setting. Give three points.

One role is skill development. Teachers guide students in acquiring physical skills, techniques, and strategies for various sports.

Another role is promoting health and fitness. Teachers encourage regular exercise, good nutrition, and healthy lifestyles.

The third role is fostering social and emotional growth. Physical education provides opportunities for teamwork, leadership, discipline, and self-confidence.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the five types of physical fitness components.

One component is cardiovascular endurance, which allows the heart and lungs to supply oxygen efficiently during prolonged activities.

Another is muscular strength, which is the maximum force a muscle can exert in a single effort.

A third component is muscular endurance, which enables muscles to perform repeated contractions over time without fatigue.

Fourth is flexibility, which improves joint range of motion and reduces the risk of injury.

Fifth is body composition, which is the ratio of fat to lean mass, influencing overall health and performance.

12. Explain how the respiratory system works during physical activities. Give five points.

During exercise, breathing rate increases to supply more oxygen to the body.

The lungs expand and contract more rapidly, enhancing gas exchange in alveoli.

Oxygen diffuses into the blood and is transported to working muscles.

Carbon dioxide, a waste product, is expelled efficiently from the body.

The respiratory system also helps regulate blood pH by maintaining appropriate levels of carbon dioxide in the bloodstream.

13. Describe five strategies for coaching young athletes.

One strategy is using positive reinforcement to encourage effort and build confidence.

Another is breaking skills into manageable steps, allowing gradual skill acquisition.

A third strategy is maintaining variety in training to keep sessions engaging and enjoyable.

Fourth is emphasizing safety and proper technique to prevent injuries.

Fifth is setting achievable goals, motivating young athletes to improve consistently.

14. Explain how media influences sports in a country. Give five points.

One influence is increasing awareness. Media coverage highlights sports events, inspiring participation and interest.

Another is promoting athletes. Media exposure can make athletes role models and attract sponsorships.

A third is influencing public opinion. Media shapes perceptions of teams, events, and sports culture.

Fourth is generating revenue. Broadcasting rights and advertising contribute financially to sports development.

Fifth is education. Media provides information on rules, techniques, and health benefits of sports.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Discuss the importance of a well-structured lesson plan in teaching physical education. Give five points.

One importance is ensuring organization. A structured plan guides teachers through activities, timing, and resources.

Another is meeting learning objectives. Lesson plans align activities with desired skills, knowledge, or fitness goals.

A third importance is effective use of resources, ensuring equipment and facilities are utilized efficiently.

Fourth is maintaining student engagement, as planned sequences prevent boredom and keep students active.

Fifth is assessment guidance. Lesson plans help teachers evaluate student progress and provide appropriate feedback.

16. Analyse four types of evaluation as used in physical education and sport.

One type is formative evaluation, which occurs during lessons to monitor learning and provide immediate feedback.

Another is summative evaluation, conducted at the end of a unit or term to assess overall achievement.

A third type is peer evaluation, where students assess each other's skills, fostering collaboration and awareness.

The fourth type is self-evaluation, encouraging students to reflect on their performance, strengths, and areas for improvement.

17. Explain five factors that influence the learning process in physical education.

One factor is student motivation, which drives effort, participation, and persistence in activities.

Another is teaching methods. Approaches that match learners' needs improve understanding and skill acquisition.

A third factor is learning environment, including safety, space, and resources available for activities.

Fourth is teacher competence. Skilled teachers provide clear instructions, demonstrations, and feedback.

Fifth is peer interaction, as collaboration and teamwork enhance learning through observation and practice.

18. Describe the role of a log book in a physical education class. Give six points.

One role is tracking progress, allowing students to record skills, exercises, and fitness improvements over time.

Another is goal setting, where students plan targets and monitor achievement.

A third role is encouraging accountability, ensuring students participate actively and maintain consistency.

Fourth is documenting feedback, helping teachers provide personalized guidance based on recorded performance.

Fifth is supporting assessment, as log books serve as evidence of participation and skill development.

Sixth is reflection. Students use the log book to identify strengths, weaknesses, and areas requiring further practice.