

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

736/1

PHYSICAL EDUCATION AND SPORT 1

Time: 3 Hours.

Thursday, 20th May 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.
2. What are the six common injuries in team sports?
3. Enumerate three types of bones in the human body.
4. Briefly describe the concept of sports ethics.
5. Differentiate between muscular strength and muscular endurance. Give three points.
6. Mention six benefits of warming up before a game.
7. Outline three types of passes in volleyball.
8. Describe two types of physical fitness and their importance.
9. List down six causes of muscle cramps.
10. Explain the role of a physical education teacher in a school setting. Give three points.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the five types of physical fitness components.
12. Explain how the respiratory system works during physical activities. Give five points.
13. Describe five strategies for coaching young athletes.
14. Explain how media influences sports in a country. Give five points.

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.
16. Analyse four types of evaluation as used in physical education and sport.
17. Explain five factors that influence the learning process in physical education.
18. Describe the role of a log book in a physical education class. Give six points.