

**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: 2011 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. List six causes of spectator aggression in sports settings.

One cause is team rivalry, where supporters feel strong loyalty and may act aggressively against rival fans.

Another cause is poor officiating, as questionable decisions can frustrate spectators and provoke hostile behavior.

A third cause is alcohol consumption, which impairs judgment and increases likelihood of aggression.

Fourth is high stakes matches, where the pressure of important outcomes triggers emotional outbursts.

Fifth is inadequate crowd control, such as limited security or poorly organized seating.

Sixth is provocation by players or other fans, which can escalate tensions and incite aggressive reactions.

2. State three negotiation skills important in sports administration.

One skill is active listening, which ensures understanding of stakeholders' concerns and fosters mutual agreement.

Another is persuasion, the ability to influence others toward a positive outcome while maintaining fairness.

A third skill is conflict resolution, which helps manage disagreements and maintain cooperative relationships.

3. Differentiate between broad curriculum and narrow curriculum, giving three differences.

One difference is scope. A broad curriculum covers a wide range of skills, knowledge, and activities, while a narrow curriculum focuses on limited content areas.

Another difference is flexibility. Broad curricula allow adaptation to students' interests and abilities, whereas narrow curricula are more rigid.

A third difference is student development. Broad curricula encourage holistic growth—physical, mental, and social—while narrow curricula emphasize only specific skills or knowledge.

4. In basketball, name six times when the ball is considered “out of bounds.”

One instance is when the ball touches the floor outside the boundary lines.

Another is when a player steps on or over the boundary line while holding the ball.

A third is when the ball contacts the ceiling or walls above the court.

Fourth is when a player throws the ball out intentionally or accidentally beyond the playing area.

Fifth is when the ball touches a referee or official outside the court boundaries.

Sixth is when a pass or rebound goes beyond the designated sidelines or endlines.

5. In volleyball, describe three advanced setting variations.

One variation is the back set, where the setter sends the ball over their head to a teammate positioned behind them.

Another is the quick set, a low, fast set designed for a hitter to strike immediately, reducing the opponent's reaction time.

The third is the jump set, where the setter jumps while releasing the ball, increasing the height and speed for an attacking hitter.

6. List six ways to win a point in tennis.

One way is hitting a serve that the opponent fails to return.

Another is making a shot that lands in the opponent's court and cannot be returned.

A third is forcing the opponent to hit the ball outside the court boundaries.

Fourth is exploiting an opponent's fault, such as hitting the net during a shot.

Fifth is winning a rally through consistent, strategic placement of the ball.

Sixth is opponent's double fault, where they fail to serve correctly twice in a row.

7. Explain three major functions of the vertebral column.

One function is support, as it maintains the body's upright posture and carries the weight of the head and trunk.

Another function is protection, since the vertebral column encases and safeguards the spinal cord.

A third function is flexibility and movement, allowing bending, twisting, and rotation of the torso.

8. List six factors which predispose an athlete to hamstring strain.

One factor is inadequate warm-up, leaving muscles stiff and prone to injury.

Another is muscle fatigue, which reduces contraction efficiency and increases strain risk.

A third factor is poor flexibility, limiting range of motion and stressing the hamstring during activity.

Fourth is previous injury, as scar tissue weakens muscle integrity.

Fifth is imbalance between quadriceps and hamstrings, leading to disproportionate forces on the muscle.

Sixth is overexertion during high-intensity sprinting or jumping activities.

9. Outline three advantages of guided discovery and problem solving teaching methods in P.E.

One advantage is improved critical thinking, as students learn to analyze situations and make decisions independently.

Another is greater retention of skills, since learners discover solutions themselves and internalize knowledge.

A third advantage is enhanced motivation, because learners feel a sense of ownership over their learning process.

10. Explain three types of proteins and their importance to athletes.

One type is complete proteins, such as meat and eggs, which provide all essential amino acids needed for muscle repair and growth.

Another type is incomplete proteins, like beans and nuts, which complement other protein sources to maintain overall health.

A third type is structural proteins, such as collagen, which support connective tissues, ligaments, and tendons vital for athletic performance.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Describe the sliding filament mechanism and the role of ATP in muscle contractions.

The sliding filament mechanism involves actin and myosin filaments within the sarcomere sliding past each other, shortening the muscle fiber.

When a nerve impulse stimulates the muscle, calcium ions are released, exposing binding sites on actin.

Myosin heads attach to actin and pull the filaments toward the center, generating contraction.

ATP provides energy for myosin heads to detach and reattach, allowing continuous movement of filaments.

When ATP is depleted, contraction ceases, and muscles relax as calcium is reabsorbed into the sarcoplasmic reticulum.

12. (a) Outline five structural elements of an aerobic dance class.

One element is warm-up, preparing muscles and cardiovascular system for intense activity.

Another is the main workout, which includes rhythmic movements targeting cardiovascular endurance and muscular strength.

A third is cool-down, gradually lowering heart rate and stretching muscles to prevent injury.

Fourth is music selection, which sets tempo, rhythm, and motivation for participants.

Fifth is choreography, combining steps, patterns, and routines for skill development and engagement.

(b) Mention four mental or social benefits for participants in aerobic dance.

One benefit is stress relief, as rhythmic movement and music promote relaxation.

Another is social interaction, encouraging teamwork, cooperation, and communication among participants.

A third is improved self-esteem, as learning routines and mastering movements boosts confidence.

Fourth is cognitive stimulation, enhancing coordination, memory, and focus.

13. Discuss five challenges that sports managers face in rural Tanzanian schools and propose remedies.

One challenge is lack of facilities. Remedy: partner with local communities or government to improve infrastructure.

Another is limited funding. Remedy: organize fundraising events and seek sponsorships to support sports programs.

A third challenge is shortage of qualified coaches. Remedy: provide training workshops and continuous professional development.

Fourth is low student participation. Remedy: promote sports awareness and encourage inclusivity through diverse activities.

Fifth is inadequate equipment. Remedy: establish equipment-sharing programs and repair existing resources.

14. Explain seven advanced tactics in doubles badminton.

One tactic is the attacking formation, where one player smashes while the partner covers the net.

Another is defensive formation, positioning both players to anticipate and counter opponent shots.

A third tactic is rotation, where players switch positions quickly to maintain optimal coverage.

Fourth is the drive shot, hitting low and fast to pressure the opponents.

Fifth is the cross-court smash, targeting gaps to unbalance the opponents.

Sixth is deceptive shots, faking direction or speed to confuse opponents.

Seventh is front-and-back positioning, where one player dominates the net and the other covers the backcourt for strategic advantage.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse five principles guiding content selection and arrangement in P.E. curriculum.

One principle is relevance, ensuring activities match students' age, abilities, and interests.

Another is progression, arranging content from simple to complex skills.

A third is balance, including fitness, health, recreational, and competitive activities.

Fourth is continuity, where skills and knowledge build on previously acquired competencies.

Fifth is safety, selecting content that minimizes injury risk and considers students' physical limitations.

16. (a) Explain four types of teaching practice.

One type is demonstration teaching, where teachers show skills while learners observe and replicate.

Another is peer teaching, allowing students to teach each other under supervision.

Third is micro-teaching, involving short, focused lessons to develop specific teaching skills.

Fourth is block teaching, where learners spend an extended period in a P.E. class to cover comprehensive content.

(b) State three reasons why moderation is important during block teaching practice.

One reason is to prevent learner fatigue, as extended sessions can be physically demanding.

Another reason is to allow adequate rest and recovery for both teacher and students.

The third reason is to maintain concentration and engagement throughout the session, ensuring effective learning.

17. (a) Define the concept of a logbook.

A logbook is a record-keeping tool used by students or athletes to document activities, training sessions, progress, and reflections over time.

(b) Analyse five roles of a logbook.

One role is tracking progress, enabling learners to monitor improvement in skills, fitness, or knowledge.

Another is goal setting, helping students plan objectives and measure achievements.

A third role is accountability, ensuring learners participate consistently and responsibly.

Fourth is assessment support, providing evidence for teacher evaluation and feedback.

Fifth is reflection, allowing students to identify strengths, weaknesses, and strategies for improvement.

18. Enumerate and explain nine principles that should guide effective teaching and learning in Physical Education.

One principle is clarity, ensuring instructions and objectives are easily understood.

Another is progression, teaching skills from simple to more complex.

Third is engagement, involving all learners actively in activities.

Fourth is reinforcement, using feedback to correct mistakes and reinforce learning.

Fifth is safety, conducting activities in a risk-free environment.

Sixth is inclusivity, accommodating learners of varying abilities and backgrounds.

Seventh is relevance, aligning activities with students' interests and real-life contexts.

Eighth is variety, providing diverse experiences to maintain motivation and interest.

Ninth is assessment, monitoring performance regularly to guide improvement and achievement.