

**THE UNITED REPUBLIC OF TANZANIA**  
**NATIONAL EXAMINATIONS COUNCIL OF TANZANIA**  
**DIPLOMA IN SECONDARY EDUCATION EXAMINATION**  
**PHYSICAL EDUCATION AND SPORTS 1**

736/1

**Time: 3:30 Hours**

**ANSWERS**

**Year: 2013**

**Instructions**

1. This paper consists of section A, B and C.
2. Answer all questions in section A, and two questions from section each of section B and C.

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## SECTION A (40 Marks)

Answer all questions in this section.

1. Elaborate three main duties of the head umpire in the track and field events

**Enforce Rules:** Ensures compliance with event regulations, like lane assignments, maintaining fairness in track and field competitions.

**Signal Start:** Initiates races, such as using a whistle, ensuring accurate timing and coordination in track events.

**Resolve Disputes:** Settles conflicts, like false starts, ensuring smooth operation and adherence to competition standards.

2. Enumerate six basic offensive formations used in basketball

**1-3-1 Formation:** Positions one player at the top, three in the middle, and one at the baseline, effective for zone offense in basketball.

**2-1-2 Formation:** Places two guards, one center, and two forwards, suitable for balanced attacks in basketball games.

**3-2 Formation:** Aligns three guards and two forwards, focusing on perimeter shooting and quick transitions in basketball.

**1-4 Formation:** Sets one point guard and four players across the key, ideal for high-low plays in basketball strategies.

**5-Out Formation:** Spreads all five players on the perimeter, creating space for drives and shots in basketball offense.

**4-1 Formation:** Positions four players on the perimeter and one in the post, effective for isolating the center in basketball plays.

3. Name and briefly explain six standard shot variations in netball

**Standing Shot:** Taken from a stationary position, like near the post, ensuring accuracy in netball scoring.

**Jump Shot:** Performed while jumping, such as during a quick move, allowing height advantage in netball shots.

**Step Shot:** Involves stepping forward, like after a pass, providing balance for netball shooting precision.

**Reverse Shot:** Shot with a backward lean, such as under pressure, aiding in avoiding defenders in netball.

**Lay-Up Shot:** A running shot close to the post, like on the move, effective for quick netball points.

**Overhead Shot:** Thrown from above the head, such as in tight defense, ensuring power in netball shooting.

4. Define the following terms as applied in sport psychology

(a) Arousal: Arousal is the state of physiological and psychological activation, like increased heart rate, influencing performance in sports.

(b) Stress: Stress is the physical and mental tension, such as pressure before a game, affecting an athlete's focus in sports.

(c) Anxiety: Anxiety is the feeling of worry or nervousness, like before a competition, impacting an athlete's confidence in sports.

5. Briefly explain the following components of the lesson plans

(a) Introduction: Outlines the session's purpose, like setting fitness goals, preparing participants for the physical activity ahead.

(b) Presentation: Delivers the main content, such as demonstrating a drill, providing clear instructions for physical execution.

(c) Evaluation: Assesses performance, like reviewing sprint times, measuring progress and identifying areas for improvement in physical activities.

6. With examples, point out three challenges a student teacher might face during practice

Classroom Management: Difficulty controlling behavior, like players arguing, disrupts physical activity sessions and focus.

Time Constraints: Limited time to cover drills, such as sprint training, affects the completion of planned physical activities.

Resource Scarcity: Lack of equipment, like insufficient balls, hinders effective physical practice and demonstration in sports.

7. Outline six basic rules of relay racing

Baton Exchange: Must occur within the exchange zone, like a 20-meter area, ensuring smooth relay transitions in races.

Lane Adherence: Runners stay in assigned lanes, such as lane 1, preventing interference in relay competitions.

No Throwing: Baton cannot be thrown, like between runners, ensuring physical handoff for relay fairness.

Start Timing: Race begins with a starter's signal, such as a gun, coordinating relay timing and fairness.

No Obstruction: Runners avoid blocking others, like cutting off, maintaining safety in relay races.

Finish Line: Final runner crosses the line, such as with the baton, determining the relay race completion.

8. Briefly describe two types of physical fitness in sports performance

Aerobic Fitness: Endurance-based, like long-distance running, supports sustained physical activity in sports.

Anaerobic Fitness: Power-based, such as sprinting, enables short, intense physical efforts in sports performance.

9. List down six basic responsibilities of sports administrators

Event Planning: Organizing competitions, like scheduling matches, ensures smooth execution of sports activities.

Resource Allocation: Providing equipment, such as uniforms, supports physical needs in sports programs.

Budget Management: Handling finances, like funding teams, maintains operational sustainability in sports administration.

Rule Enforcement: Ensuring compliance, such as fair play, upholds standards in sports governance.

Athlete Welfare: Addressing needs, like medical support, ensures physical well-being in sports environments.

Facility Maintenance: Managing venues, such as repairing fields, provides safe spaces for sports activities.

10. Mention six effects of alcohol in the human body

Impaired Coordination: Reduces balance, like difficulty walking, affecting physical performance in activities.

Slowed Reaction: Delays reflexes, such as slower responses, impacting physical reaction times in sports.

Liver Damage: Causes harm, like cirrhosis, affecting physical health and metabolic function.

Dehydration: Increases fluid loss, such as excessive sweating, leading to physical fatigue and weakness.

Cognitive Impairment: Affects judgment, like poor decisions, reducing mental clarity in physical tasks.

Cardiovascular Issues: Raises blood pressure, such as heart strain, impacting physical endurance and health.

#### SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Using examples, describe six sources of self-confidence to an athlete in sports

Past Success: Previous wins, like a race victory, build belief in physical abilities for future competitions.

Preparation: Thorough training, such as sprint drills, enhances trust in physical readiness for sports events.

Support System: Encouragement from coaches, like positive feedback, boosts mental strength in physical performance.

Visualization: Imagining success, such as scoring a goal, strengthens confidence in physical execution during games.

Physical Fitness: Strong conditioning, like endurance runs, provides assurance in physical capability for sports.

Skill Mastery: Proficiency in techniques, such as perfecting a jump shot, increases self-belief in physical skills.

12. Elaborate the three Newton's laws of motion and indicate the application of these laws to physical education and sport activities

First Law (Inertia): An object remains at rest or in motion unless acted upon by a force, like a ball staying still until kicked, applied in sports to understand physical starting movements.

Second Law (Acceleration): Force equals mass times acceleration ( $F = ma$ ), such as a stronger kick accelerating a ball faster, used in sports to analyze physical force application in movements.

Third Law (Action-Reaction): For every action, there's an equal opposite reaction, like a runner pushing off the ground to move forward, utilized in sports to study physical interactions during activities.

13. (a) Describe why dodging before receiving a ball is a common sight on the netball court

Dodging creates space, like moving side to side, allowing the player to evade defenders and position for a clear physical catch in netball.

13. (b) Demonstrate how a dodge can be executed

Step 1: Fake a move, like leaning left, to mislead the defender physically in netball.

Step 2: Shift weight, such as to the right foot, enabling a quick physical direction change.

Step 3: Sprint away, like a short dash, to gain space for a physical catch in the game.

14. Explain seven behavioral guidelines for coaching young athletes

Clear Communication: Use simple language, like explaining drills, ensuring young athletes understand physical expectations in sports.

Positive Reinforcement: Reward effort, such as praising a good pass, fostering motivation in young athletes' physical activities.

Fair Treatment: Treat all equally, like giving fair playtime, ensuring inclusivity in young athletes' sports participation.

Safety Priority: Ensure safe practices, such as using helmets, protecting young athletes during physical training.

Skill Focus: Emphasize basics, like teaching proper throws, building foundational physical skills in young athletes.

Patience: Allow mistakes, such as a missed shot, supporting young athletes' physical growth without pressure.

Role Modeling: Display sportsmanship, like shaking hands, setting a physical example for young athletes in competitions.

### SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Describe four criteria which determine the choice of methods in Physical Education and Sport subject

Age Appropriateness: Methods suit age groups, like simple drills for kids, ensuring physical activities match developmental stages in sports.

Skill Level: Techniques fit abilities, such as basic stretches for beginners, aligning with physical capabilities in sports programs.

Resource Availability: Methods depend on equipment, like using cones for drills, ensuring physical feasibility in sports activities.

Activity Goals: Approaches align with objectives, such as endurance runs for fitness, meeting specific physical outcomes in sports.

16. Describe six importance of classroom management on classroom organization with the focus on Physical Education and Sport class

Safety Assurance: Proper setup, like clearing obstacles, prevents physical injuries during sports activities in class.

Time Efficiency: Organized schedules, such as timed drills, maximize physical practice within class periods.

Behavior Control: Structured rules, like no pushing, maintain physical discipline during sports sessions.

Resource Use: Arranged equipment, such as balls in place, ensures smooth physical activity execution in class.

Focus Maintenance: Clear instructions, like drill steps, keep attention on physical tasks in sports classes.

Group Coordination: Assigned roles, such as team leaders, enhance physical teamwork during class activities.

17. Analyze four types of evaluation as used in Physical Education and Sport instruction

Formative Evaluation: Ongoing checks, like mid-session feedback, monitor physical progress during sports activities.

Summative Evaluation: End-of-term tests, such as fitness exams, assess overall physical performance in sports programs.

Diagnostic Evaluation: Identifies weaknesses, like poor flexibility, pinpointing physical areas for improvement in sports.

Norm-Referenced Evaluation: Compares performance, such as sprint times, ranking physical abilities among peers in sports.

18. Evaluate how assessment practices contribute to the effective process in Physical Education and Sport class

Progress Tracking: Regular assessments, like timed runs, measure physical improvement over time in sports activities.

Skill Identification: Tests, such as agility drills, highlight physical strengths and weaknesses for targeted focus in sports.

Motivation Boost: Feedback, like improved scores, encourages physical effort and engagement in sports classes.

Program Adjustment: Results, such as low endurance, guide modifications to physical training plans in sports programs.

Goal Setting: Evaluations, like jump height, set physical benchmarks for future performance in sports activities.

Performance Validation: Assessments, such as game stats, confirm physical readiness for sports competitions.