

**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: 2014**

**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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1. Identify six causes that make athletes behave aggressively in sports and physical activities.

Frustration can lead to aggression when athletes feel disappointed about their performance, a lack of progress, or a loss. This emotional response can sometimes result in aggressive behavior.

Intense competition often fuels aggression, especially when athletes are highly motivated to win and prove themselves. The desire to succeed can drive them to act aggressively toward their opponents.

The behavior of fans and spectators can influence athletes. The energy and reactions from the crowd can cause athletes to become more aggressive in their play, particularly during high-pressure moments.

Rivalries between teams or individual players can intensify aggressive behavior. The need to outperform a rival can push athletes to act aggressively in a bid to gain dominance.

External pressure from coaches, fans, or teammates can also lead to aggression. Athletes may feel the need to meet high expectations, which can manifest as frustration and aggression.

Finally, a lack of emotional regulation can contribute to aggressive behavior. Athletes who struggle to manage stress or frustration may lash out during competition, especially when their emotions overwhelm them.

2. Outline three basic skills needed for physical education teachers and sport managers to be successful.

Communication skills are vital for physical education teachers and sport managers. They must be able to clearly convey instructions, feedback, and encouragement, while also being able to listen and understand the needs of their students or athletes.

Leadership and motivational skills are essential for creating an environment where athletes or students feel inspired and guided. A strong leader can help motivate individuals or teams to reach their full potential.

Organizational skills are crucial for managing and planning sports programs or physical education classes. These professionals must efficiently organize resources, schedules, and activities to ensure everything runs smoothly and effectively.

3. Differentiate a syllabus from a course curriculum. Give three points.

A syllabus is a detailed outline of a specific course, including topics, readings, and assessments. It provides students with a roadmap for what will be covered during the course.

A course curriculum, on the other hand, is broader in scope and covers the entire educational program or subject area. It outlines the overall goals, objectives, and content for all the courses in a specific program or educational level.

While the syllabus is specific to one course, the curriculum encompasses the larger framework and educational structure, potentially spanning several courses or years of study.

4. Outline six specific uses of dribble in basketball game.

Dribbling allows players to move the ball up the court while maintaining control. It helps players avoid defenders and advance towards the basket, making it a key part of the game.

Through dribbling, players can create space between themselves and defenders. This extra space can lead to better opportunities for shooting or passing to teammates.

Dribbling helps players maintain possession of the ball. When an opponent pressures the ball handler, dribbling provides a way to retain control and continue the play.

Changing direction is another essential use of dribbling. Players can use it to quickly shift their movement, making it harder for defenders to anticipate their next move.

Dribbling is also used to set up offensive plays. Players can dribble to position themselves or teammates for a shot, pass, or other strategic move.

Finally, in situations like a full-court press, dribbling helps break through the defense. This allows the ball handler to transition from defense to offense smoothly.

5. The volleyball techniques for setting include several aspects. Outline three aspects.

Hand positioning is essential for setting in volleyball. The hands should form a triangle or diamond shape above the head, ensuring the ball is pushed accurately and with control.

Footwork is another crucial aspect of setting. Players must use quick and precise movements to position themselves in the right spot, allowing them to set the ball with proper timing.

Timing and accuracy are also vital for effective setting. The setter needs to time the ball's arrival and deliver a precise set, positioning it perfectly for an attacking player to execute a successful play.

6. List six situations which result in scoring a point in table tennis.

A point is scored when the opponent fails to return the ball within the required time or misses the table entirely. This results in a loss of point for the opponent.

If the ball bounces twice on the opponent's side of the table before they can return it, the player earns a point.

If the serve goes out of bounds or is otherwise incorrectly executed, it results in a fault, and the server loses the point.

A point is also scored if the opponent hits the ball into the net and cannot clear it.

If the opponent's return goes outside the playing area or off the side lines, the player earns a point.

Finally, a point is awarded when the opponent makes an illegal return, such as failing to allow the ball to bounce once on their side of the table before returning it.

7. Briefly describe three types of bones in the human body.

The human body contains several types of bones, each serving unique functions. Long bones are characterized by their length, with a shaft and two ends, and are typically found in the arms and legs. Examples include the femur, tibia, and humerus. These bones are crucial for supporting weight and enabling movement due to their structure, which allows for muscle attachment and leverage during movement.

Short bones are as wide as they are long and provide support and stability with little movement. These bones are commonly found in the wrists and ankles. Examples include the carpals in the wrist and tarsals in the ankle. Their compact structure helps in absorbing the impact and pressure exerted during daily activities.

Flat bones are thin, flat, and slightly curved, offering protection to internal organs and providing a broad surface for muscle attachment. The most common examples are the skull bones, ribs, and sternum. These bones play a vital role in protecting the brain, heart, and lungs, and also contribute to the body's overall stability and movement.

8. Enumerate six causes of muscle strain.

Muscle strain occurs when a muscle is overstretched or torn, typically due to excessive force. Overuse is one of the most common causes, where a muscle is repeatedly used without adequate rest, leading to fatigue and eventual injury. This can happen in activities that require prolonged or intense physical exertion, such as running, lifting weights, or playing sports.

Sudden movement can also cause muscle strain, especially when the muscle is not adequately warmed up or is subjected to an unexpected or jerky motion. This could happen during activities that require quick pivots, jumps, or sprints, where the muscle is stretched beyond its capacity in an instant.

Improper technique is another common cause. If a person uses incorrect posture or form while lifting, running, or engaging in physical activity, the muscles may be stressed in ways they are not designed to handle, increasing the risk of strain. This is particularly common in weightlifting or sports like tennis.

Muscle fatigue occurs when muscles become overly tired and less able to perform their functions, leading to strain. Fatigue can make it more difficult for muscles to resist forceful or repetitive movements, increasing the likelihood of injury.

Dehydration can contribute to muscle strain as well. When the body is dehydrated, muscles are more prone to cramping, tightness, and injury. Proper hydration helps maintain muscle function and flexibility during physical activity.

Lastly, age plays a role in muscle strain. As individuals age, their muscles lose flexibility and strength, making them more vulnerable to injury during physical activities. Older adults may also take longer to recover from muscle strains due to a decrease in muscle elasticity.

9. Mention three advantages of brainstorming and role play techniques in Physical Education and Sports.

Brainstorming is a technique that encourages creative thinking and problem-solving. In physical education and sports, it allows students or athletes to come up with new ideas and strategies in an open and non-judgmental environment. This can foster teamwork and collaboration, as participants build on each other's ideas. Brainstorming also promotes critical thinking, as individuals are encouraged to consider different solutions to challenges they may face in sports or physical activities.

Role play is a valuable teaching technique that allows participants to simulate real-life situations in a controlled environment. In physical education and sports, role play can help students understand tactical plays or practice team strategies. It also promotes empathy and teamwork, as athletes take on different roles and experience challenges from various perspectives. Through role play, individuals can practice communication skills, leadership, and decision-making in a realistic setting.

Both techniques can create a dynamic learning environment. Brainstorming and role play encourage active participation and engagement, making lessons more interactive and enjoyable. These methods also improve social skills, communication, and teamwork, all of which are essential for success in sports.

10. Briefly describe three types of nutrients that provide energy to athletes.

The three primary nutrients that provide energy to athletes are carbohydrates, proteins, and fats. Carbohydrates are the body's main source of energy, particularly for high-intensity activities. They are broken down into glucose, which is used by muscles for fuel during exercise. Carbohydrates are essential for endurance athletes, such as runners and cyclists, as they help replenish glycogen stores that are used up during prolonged physical exertion.

Proteins are crucial for muscle repair and growth, but they can also be used as an energy source when carbohydrates are depleted. Proteins are made up of amino acids, which help build and repair muscle tissues. While proteins are not the body's first choice for energy, they become important for athletes during periods of recovery and in activities that require strength training or muscle endurance.

Fats are a concentrated source of energy and are vital for longer-duration activities, such as long-distance running or cycling. Fats are stored in the body and are used for energy when carbohydrates are in short supply, especially during low-to-moderate intensity exercises. Fats provide the body with sustained energy and help maintain hormonal balance and overall health.

These nutrients work together to fuel an athlete's performance, aid in recovery, and ensure they have the necessary energy for both short bursts of intense activity and prolonged exertion.

#### 11. Elaborate how contractions work in human body muscles.

Muscle contractions are the result of coordinated signals between the brain, nerves, and muscles. The process begins when a motor neuron sends an electrical impulse to the muscle fibers, which triggers the release of calcium ions inside the muscle. These calcium ions interact with the proteins actin and myosin, which are the key contractile elements in muscle fibers.

The actin filaments slide over the myosin filaments, shortening the muscle fiber and causing the muscle to contract. This is called the sliding filament theory. The energy required for this contraction comes from adenosine triphosphate (ATP), which is produced by the body through aerobic or anaerobic processes, depending on the level of intensity.

There are different types of muscle contractions: isometric contractions, where the muscle generates force but does not change length; isotonic contractions, where the muscle changes length as it contracts (subdivided into concentric and eccentric contractions); and eccentric contractions, where the muscle elongates while still generating force, often occurring during activities like lowering weights.

This process allows muscles to create movement by pulling on bones, facilitating bodily movements like walking, lifting, or running, and is fundamental to any physical activity or exercise.

#### 12. Describe five components of typical aerobic dance as used in physical activities.

Aerobic dance is a form of exercise that combines rhythmic aerobic exercise with dance movements, usually performed to music. A warm-up is a crucial component, as it prepares the body for the physical activity to follow. It involves light aerobic movements and stretching to increase the heart rate, improve flexibility, and prevent injury.

The cardiovascular routine is the main part of an aerobic dance session, focusing on continuous rhythmic movements like stepping, jumping, or swaying to music. These activities are designed to increase the heart rate and improve cardiovascular fitness, endurance, and overall stamina.

Choreography creates a flow of dance movements synchronized with music. This allows participants to follow a routine that involves a combination of movements, which can vary in intensity, from low to high-impact, depending on the desired fitness outcome.

Strength training is also included in some aerobic dance routines. Bodyweight exercises or small weights are often used to help improve muscle tone, endurance, and overall strength.

After an intense session, a cool-down is important. It involves slower movements and stretches that help lower the heart rate, relax the muscles, and improve flexibility. It also aids in the recovery process by helping the body return to its resting state.

13. State four benefits associated with regular participation in aerobic dance.

Regular participation in aerobic dance improves cardiovascular health by strengthening the heart and improving circulation. This reduces the risk of heart disease and hypertension while increasing overall fitness levels.

Aerobic dance helps tone muscles, particularly in the lower body, improving strength and endurance. This leads to better muscle coordination and a reduction in the risk of injury.

The dynamic movements in aerobic dance enhance flexibility, which can help with injury prevention and overall mobility. It also helps maintain joint health, especially in older individuals.

Weight management is another significant benefit. Aerobic dance is an effective form of calorie burning, aiding in weight loss and maintenance when combined with a balanced diet. It also supports fat loss, making it a popular choice for those seeking to improve their body composition.

14. Explain why there is a vital need for sports management in Tanzania.

Sports management plays a crucial role in the development and success of sports in any country, including Tanzania. Effective sports management ensures that the necessary infrastructure, such as sports facilities, training centers, and stadiums, are built and maintained. Proper infrastructure is essential for the development of athletes and the hosting of local, regional, and international sporting events.

Sports management also helps identify and nurture young talent by providing training, coaching, and resources. It creates programs that scout, train, and guide athletes through their careers, ultimately improving national sports performance.

Economic growth is another reason sports management is vital. Sports events and tournaments can generate significant revenue, boost tourism, and create jobs in related sectors, contributing to the country's overall economic development.

Sports management also helps engage youth in physical activities, promoting a healthy lifestyle and reducing the risk of lifestyle-related diseases such as obesity. Community sports programs provide opportunities for social interaction, physical fitness, and the development of teamwork and discipline.

Finally, well-managed sports programs contribute to the country's international reputation. They can attract global competitions, improve the country's standing in international sporting events, and inspire national pride. This also helps promote Tanzania on the world stage.

15. Describe seven strategies used in playing the doubles game of badminton.

In doubles badminton, effective positioning is key. Players rotate between offensive and defensive positions, ensuring that both the front and back courts are covered. One player typically stays near the net, while the other covers the back, allowing them to switch roles depending on the situation.

Constant verbal and non-verbal communication is essential for effective teamwork. Players must signal to each other who will take a shot, whether it's a forehand or backhand, and when to switch positions. This reduces confusion and maximizes court coverage.

In doubles, targeting weaknesses is a crucial strategy. Identifying and exploiting the vulnerabilities of the opposing team, such as a player's weaker skills at the net or difficulty covering certain areas of the court, can create opportunities to score.

The serve plays a significant role in doubles strategy. A good serve can either be short and low, forcing the opponents to return from the back of the court, or long, creating space for the server's partner to make an aggressive play.

Keeping the shuttle moving with quick shots and varying the pace of play is another effective strategy. Fast-paced rallies can unsettle the opposing team, creating openings and forcing errors.

Cross-court shots are particularly effective in doubles. Aiming for the far corners of the court forces the opponents to move quickly, covering more ground and potentially creating gaps in their defense.

Finally, anticipation and reacting quickly are vital for staying ahead in doubles badminton. Players who anticipate where the shuttle will go and position themselves accordingly can intercept or deflect shots, maintaining pressure on the opposing team.

15. Analyse five criteria used for selecting curriculum content in Physical Education and Sport.

When selecting curriculum content in Physical Education and Sport, it is important to consider relevance to students' needs. The content should be tailored to the age, skill level, and interests of the students. This ensures that the lessons are engaging and meaningful, which helps in maintaining the students' motivation and participation.

Educational value is another key criterion. The curriculum should promote physical, mental, and social development. It should aim to teach students not only physical skills but also important life skills such as teamwork, discipline, and time management. The goal is to foster holistic development in students.

Variety and balance of activities is also important in curriculum selection. A good curriculum will include a mix of different types of physical activities, such as individual sports, team sports, and recreational activities. This variety ensures that students are exposed to a wide range of experiences and can develop diverse physical skills.

The availability of resources should also be considered. The curriculum content should align with the facilities, equipment, and expertise available in the school or community. This helps in making the curriculum more feasible and accessible, ensuring that students can fully engage with the activities.

Finally, health and safety considerations are crucial in selecting curriculum content. It is essential to choose activities that are safe for students and promote good health practices. This includes ensuring that exercises are suitable for the students' physical abilities and that they are performed in a safe environment.

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

In the field of education, teaching practice is a vital component that helps future educators develop their skills and understanding. Direct teaching involves the teacher being at the forefront of the lesson, providing clear instructions, demonstrating tasks, and leading the class. This type of teaching practice is often used when introducing new concepts or skills and allows the teacher to maintain control over the learning environment.

Collaborative teaching is another approach, where teachers work together to plan and implement lessons. This allows for sharing of ideas, resources, and teaching strategies, creating a more dynamic and supportive learning experience. Collaborative teaching is particularly useful in team-based environments, such as sports education, where different expertise may be required.

Peer teaching involves students teaching each other, either in small groups or pairs. This type of teaching practice promotes active learning and reinforces the material for both the teacher and the learner. Peer teaching also helps build communication and leadership skills, making it an effective strategy in Physical Education and sports activities.

Reflective teaching is when teachers evaluate their own teaching practices and reflect on what worked and what didn't. This self-assessment helps teachers improve their methods and adapt to different teaching situations. Reflective practice is especially important for teachers in Physical Education, as it allows them to adjust their approach based on the students' progress and the success of the lesson.

(b) Describe three significance of having moderation in block teaching practice.

Moderation in block teaching practice plays a critical role in maintaining the quality of education. One of the key significances is ensuring consistency in assessment. When multiple teachers or evaluators are involved in assessing students' work, moderation ensures that the grading and feedback are fair and consistent across all participants. This prevents discrepancies in evaluation and provides students with a clear and accurate reflection of their performance.

Another significance is providing constructive feedback. Moderation allows teachers to work together to review teaching methods and student performance. This collaboration leads to the sharing of insights and ideas on how to improve the learning experience. Teachers can offer each other feedback on strategies, which is particularly helpful for new or less experienced educators in Physical Education and sports.

Finally, enhancing professional development is an important benefit of moderation. Teachers who engage in moderated block teaching practices can learn from each other's experiences and gain exposure to new teaching techniques or approaches. This continuous professional growth enhances their ability to deliver quality education, adapt to different student needs, and improve their overall teaching effectiveness in the field of Physical Education.

17. (a) Explain the concept of a log book.

A log book is a written record used by teachers, students, or professionals in various fields to document activities, observations, progress, and reflections over a specific period. In the context of Physical Education (PE), a log book is typically used by student-teachers or sports instructors to record their teaching experiences, lesson plans, reflections on their methods, and evaluations of students' performances.

The log book serves as a tool for tracking the development of both the teacher and the students. It contains detailed notes on teaching practices, challenges faced, and the progress made in the physical education curriculum. This helps the teacher or student-teacher review their practices and identify areas for improvement. The log book may also include notes on student attendance, engagement levels, and any modifications made to teaching strategies based on student feedback or outcomes.

(b) Analyse the significance of a log book.

A log book holds significant value in both teaching and learning. One key significance is that it provides a record of progress over time. It allows teachers or student-teachers to document their development and track improvements in their teaching strategies, effectiveness, and student outcomes. The log book provides an opportunity to reflect on successes and challenges, offering valuable insights for future lesson planning.

Additionally, the log book is essential for ensuring accountability. For student-teachers or PE instructors, it acts as evidence of the work done, helping to demonstrate commitment to professional growth and teaching standards. This documentation is often required as part of assessments or evaluations, ensuring that there is a clear record of how effectively the individual is meeting educational goals.

Furthermore, a log book serves as an important tool for self-reflection. By regularly writing in the log book, teachers and student-teachers can reflect on what strategies worked, which lessons were successful, and where improvements are needed. This reflective practice is integral to professional development and enhances the overall teaching experience by fostering continual learning and adaptation.

## 18. Describe nine principles for effective teaching and learning of Physical Education.

Effective teaching and learning in Physical Education (PE) is based on several principles that ensure students are engaged, motivated, and able to develop their physical skills. Here are nine principles that guide successful PE instruction:

**Student-Centered Learning:** The focus should be on the needs, interests, and abilities of the students. Teaching methods should cater to various learning styles and adapt to the diverse abilities within the class, promoting active participation from all students.

**Clear Instruction:** It's important that teachers provide clear and concise instructions, using appropriate language and demonstrations. This ensures that students understand the objectives of each activity and are able to perform the exercises correctly.

**Variety in Activities:** Offering a variety of activities and exercises in PE ensures that students are exposed to different skills and experiences. This helps maintain their interest, prevents monotony, and promotes the development of a wide range of physical competencies.

**Active Participation:** Every student should have the opportunity to participate actively in class activities. PE should involve not only physical movement but also mental engagement, ensuring that students are constantly involved and challenged during the lessons.

**Safety:** Ensuring the safety of all participants is a fundamental principle in PE. Teachers must create a safe environment by supervising activities, ensuring that proper techniques are followed, and using appropriate equipment to minimize the risk of injury.

**Progressive Challenge:** PE lessons should include activities that are appropriately challenging for students, gradually increasing in difficulty as students develop new skills. This helps students improve at their own pace while keeping them motivated and engaged.

**Positive Reinforcement:** Teachers should offer encouragement and positive feedback to students, helping them build self-esteem and confidence. Recognizing effort, progress, and achievement motivates students to continue participating and improving.

**Reflective Practice:** Teachers should regularly evaluate their teaching methods and lesson plans, considering how well students are progressing. This reflection ensures that lessons remain effective and that changes can be made based on student feedback and performance.

**Inclusive Learning:** PE should be accessible to all students, including those with disabilities or special needs. Inclusive teaching strategies ensure that all students, regardless of their abilities, can participate fully and benefit from physical education.

