

**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: 2016 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 factors that influence an athlete's performance in a competition.

- Physical fitness and conditioning
- Psychological state (e.g., motivation, stress, anxiety)
- Nutrition and hydration
- Training and preparation
- Genetics and body composition
- Environmental conditions (e.g., weather, altitude)

2. What are the benefits of a balanced diet for an athlete? State five points.

- Provides the necessary energy for training and competition.
- Aids in muscle repair and recovery.
- Maintains a healthy immune system.
- Helps in maintaining a healthy body weight.
- Enhances mental focus and concentration.

3. Identify three characteristics of a good physical education and sports leader.

- Good communication and interpersonal skills.
- Knowledgeable about the sport and teaching methods.

- Motivates and inspires others.

4. Enumerate six functions of a sports committee.

- Organizing competitions and events.
- Managing finances and resources.
- Developing and implementing sports policies.
- Selecting and appointing coaches and officials.
- Promoting sports participation and development.
- Resolving disputes and maintaining discipline.

5. Describe three types of ligaments and their role in the human body.

- Cruciate ligaments: Found in the knee, they provide stability and prevent excessive forward and backward movement of the shinbone.
- Collateral ligaments: Also in the knee, they provide stability to the sides of the joint.
- Ankle ligaments: Connect the bones of the lower leg to the foot, providing stability to the ankle joint.

6. List six types of shots used in table tennis.

- Forehand drive
- Backhand drive
- Loop
- Push

- Chop
- Smash

7. Briefly describe the concept of sports psychology and its relevance to an athlete.

Sports psychology is the study of how psychological factors affect performance and how participation in sport and physical activity affects psychological and physical factors.

It is relevant to an athlete because it helps them to improve their **mental skills**, manage stress and anxiety, enhance motivation, and improve focus, all of which are crucial for optimal performance.

8. Differentiate between a sprint and a long-distance race. Give three points.

- Distance: A sprint is a short-distance race (e.g., 100m, 200m), while a long-distance race is over a much greater distance (e.g., 5,000m, 10,000m).
- Energy system: Sprints primarily use the anaerobic energy system, while long-distance races use the aerobic energy system.
- Pacing: Sprints require maximum effort from start to finish, whereas long-distance races require strategic pacing.

9. Outline six ways of preventing injuries in team sports.

- Proper warm-up and cool-down exercises.
- Use of appropriate protective equipment.
- Following correct techniques.
- Adequate rest and recovery.
- Proper hydration and nutrition.
- Following rules and regulations of the game.

10. Describe two types of physical endurance and their importance to an athlete.

Cardiovascular Endurance: The ability of the heart and lungs to supply oxygen to the working muscles for a long period of time. It's crucial for long-distance athletes like marathon runners to sustain effort without fatigue.

Muscular Endurance: The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period. It is important for athletes in sports like swimming or rowing to perform repetitive movements.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the role of nutrition in an athlete's performance. Give five points.

Nutrition is a cornerstone of athletic performance.

It provides the fuel (carbohydrates) needed for energy, the building blocks (protein) for muscle repair and growth, and essential vitamins and minerals for overall body function.

Proper hydration is also a key part of an athlete's nutrition plan, as it is vital for temperature regulation and preventing dehydration.

Additionally, a well-planned diet helps an athlete recover faster from intense training sessions and helps to maintain a healthy body weight and composition.

12. Explain how the circulatory system works during physical exercise. Give five points.

During physical exercise, the circulatory system undergoes several changes to meet the increased demand for oxygen and nutrients. The heart rate and stroke volume increase, leading to a higher cardiac output. This pumps more oxygenated blood to the working muscles. At the same time, blood vessels in non-essential organs, like the digestive system, constrict, while those in the muscles dilate, a process called vasodilation, which directs more blood flow to where it's needed most. The body also cools itself by moving blood to the skin's surface, where heat can dissipate through sweat.

13. Describe five different types of sports injuries and their first aid treatment.

- Sprains: An injury to a ligament, often caused by twisting or rolling a joint. First aid (RICE): Rest, Ice, Compression, and Elevation.
- Strains: An injury to a muscle or tendon, caused by overstretching or overexertion. First aid (RICE): Rest, Ice, Compression, and Elevation.
- Fractures: A break in a bone. First aid: Immobilize the injured area, apply ice, and seek immediate medical attention.
- Concussions: A brain injury caused by a blow to the head. First aid: Monitor the person closely, avoid physical activity, and seek medical help.
- Dislocations: When bones in a joint are forced out of alignment. First aid: Do not try to move the joint back into place, apply ice, and seek medical attention.

14. Explain five ethical issues that a physical education teacher may face.

- Cheating: Dealing with students who cheat on physical fitness tests or in games.
- Fair Play: Ensuring fair play among students and teaching them the importance of sportsmanship.
- Drug use: Addressing the issue of performance-enhancing drugs, even at a school level.
- Bullying: Handling instances of bullying or aggressive behavior in the sports environment.
- Equal Opportunity: Ensuring that all students, regardless of their gender, ability, or background, have equal opportunities to participate.

SECTION C (40 Marks)

Answer two (2) questions from this section.

- 14. Analyze the importance of co-curricular activities in promoting physical education. Give five points.**

Co-curricular activities are crucial for promoting physical education as they provide an avenue for students to apply the skills and knowledge learned in class.

They foster teamwork and social skills, teach valuable lessons about discipline and perseverance, and help to identify and nurture talent.

These activities also provide a platform for students to compete, which can boost their self-esteem and confidence.

Finally, co-curricular activities encourage a lifelong love for physical activity, which is a core goal of physical education.

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

A well-structured lesson plan is the backbone of effective teaching in physical education.

It ensures that the lesson has clear objectives, a logical flow, and that all necessary resources are prepared in advance.

It helps the teacher to manage time effectively, ensuring that all parts of the lesson, from warm-up to cool-down, are covered.

A good lesson plan also allows for differentiation, enabling the teacher to cater to students with varying skill levels and needs.

It acts as a guide for new teachers and can be used for future reference and for review.

17. Explain five roles of a physical education teacher in a school setting.

- Instructor: Teaching students various physical skills and knowledge about health and fitness.
- Coach: Training and preparing school teams for competitions.
- Role Model: Demonstrating a healthy and active lifestyle.
- Administrator: Managing physical education facilities, equipment, and resources.
- Counselor: Providing guidance and support to students on issues related to health, fitness, and sports.

18. Elaborate on the role of physical education in promoting national development. Give four points.

Physical education plays a significant role in promoting national development by contributing to a healthy and productive workforce.

A physically active population is less likely to suffer from chronic diseases, which reduces the healthcare burden on the nation.

It promotes national unity and cohesion through sports events and competitions.

It also helps in identifying and nurturing sports talent, which can bring international recognition and prestige to the country.

Furthermore, physical education teaches valuable life skills such as discipline, teamwork, and resilience, which are essential for building a strong nation