

**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: 2018 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. Mention six basic rules in a basketball game.

- The ball must be bounced (dribbled) while moving.
- A player cannot run with the ball without dribbling.
- A player cannot kick or punch the ball.
- After a shot, the team that was on defense is now on offense.
- A foul is called for illegal contact with an opposing player.
- A basket is scored when the ball goes through the hoop.

2. Outline three main reasons why a physical education teacher needs to be physically fit.

- To be a good role model for students.
- To demonstrate skills and exercises effectively.
- To have the stamina to teach and be active throughout the day.

3. Identify six common injuries in athletics and their causes.

- Hamstring strain: Caused by overstretching the hamstring muscle.
- Shin splints: Caused by overuse and repetitive stress on the shinbone.
- Achilles tendonitis: Caused by overuse and repetitive stress on the Achilles tendon.
- Stress fractures: Caused by repetitive force on the bones, often from running.

- Plantar fasciitis: Caused by inflammation of the tissue on the bottom of the foot.
- ACL tear: A severe knee injury often caused by sudden stops or changes in direction.

4. Enumerate six ways an athlete can maintain body hygiene after physical exercise.

- Take a shower immediately after a workout.
- Change out of sweaty clothes.
- Wash gym clothes and towels regularly.
- Use a clean towel to wipe off sweat during a workout.
- Wear clean socks and well-ventilated shoes.
- Wash hands before and after a workout.

5. Describe three types of muscles in the human body.

- **Skeletal muscles:** These are attached to bones and are responsible for movement. They are voluntary, meaning we can control their movement.
- **Smooth muscles:** Found in the walls of internal organs like the stomach and intestines. They are involuntary, meaning we cannot consciously control them.
- **Cardiac muscles:** Found only in the heart. They are involuntary and are responsible for pumping blood throughout the body.

6. What is the importance of cool-down exercises after a workout? State five points.

- Gradually lowers the heart rate and body temperature.
- Prevents blood from pooling in the limbs.
- Reduces muscle soreness and stiffness.
- Helps to flush out waste products like lactic acid.

- Aids in the recovery process.

7. Differentiate between a sport administrator from a sports coach. Give three points.

- Role: An administrator deals with the organizational and management aspects of a sport, while a coach focuses on training and developing athletes.
- Responsibility: An administrator's responsibilities include managing finances, events, and policies. A coach's responsibilities include developing training plans, teaching skills, and motivating players.
- Focus: An administrator's focus is on the efficient running of the sport's organization. A coach's focus is on the performance and well-being of the athletes.

8. List down six types of fouls in football.

- Tripping
- Pushing
- Holding
- Handball
- Unfair charging
- Kicking an opponent

9. Outline six types of serves used in volleyball.

- Underhand serve
- Overhand serve
- Jump serve

- Topspin serve
- Floater serve
- Sky ball serve

10. Describe the six main categories of track and field events.

- Sprints: Short-distance running events (e.g., 100m, 200m, 400m).
- Middle-distance runs: Races longer than sprints but shorter than long-distance (e.g., 800m, 1500m).
- Long-distance runs: Races over an extended distance (e.g., 5,000m, 10,000m).
- Hurdles: Races over obstacles (e.g., 100m hurdles, 400m hurdles).
- Jumping events: Events that involve jumping for height or distance (e.g., long jump, high jump).
- Throwing events: Events that involve throwing an object for distance (e.g., shot put, discus throw, javelin throw).

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Explain five strategies for managing an athlete's stress and anxiety before a major competition.

Managing stress and anxiety is key for an athlete to perform at their best. Strategies include:

visualization and mental imagery, where the athlete pictures themselves performing well.

Another is deep breathing exercises to calm the nervous system.

Positive self-talk helps to reframe negative thoughts. A pre-competition routine provides a sense of control and reduces uncertainty.

Finally, focusing on the process and effort rather than the outcome can help to reduce pressure.

12. Elaborate on the differences between muscular strength and muscular endurance.

Muscular strength is the amount of force a muscle can produce in a single maximum effort.

An example is a one-repetition max lift. It is important for sports that require a single powerful burst of energy, like weightlifting.

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period.

An example is doing multiple push-ups or sit-ups. It is important for sports that require repetitive movements, such as rowing or cycling.

13. Describe five types of coaching styles and their impact on team performance.

- Autocratic: The coach makes all the decisions. This can lead to a disciplined team but may stifle creativity and player initiative.
- Democratic: The coach involves players in decision-making. This can build player ownership and morale but may slow down the decision process.
- Laissez-Faire: The coach provides little to no direction. This can empower highly skilled and motivated players but may lead to disorganization in less disciplined teams.
- Holistic: The coach focuses on the athlete's overall well-being, not just their performance. This can build strong relationships and resilient athletes.
- Transformational: The coach inspires and motivates players to reach their full potential. This style builds a strong team culture and a shared vision.

14. Explain five principles of training that an athlete must follow to improve performance.

- Principle of Specificity: Training should be specific to the sport and the skills required.
- Principle of Progression: The training load should gradually increase over time to continue challenging the body.
- Principle of Overload: To improve, the body must be subjected to a greater load than it is accustomed to.
- Principle of Reversibility: If training stops, the gains in fitness will be lost.
- Principle of Individuality: Training programs should be tailored to the individual's needs, goals, and genetic predispositions.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyze the role of community-based physical activities in promoting health and wellness. Give five points.

Community-based physical activities play a crucial role in promoting health and wellness by making physical activity accessible and social.

They provide a platform for people of all ages and abilities to engage in physical activity, fostering a culture of health. These activities can address the issue of physical inactivity and sedentary lifestyles, which are major risk factors for chronic diseases.

They also help build social networks and a sense of belonging, which can improve mental health. Furthermore, they can be more cost-effective than commercial gyms, making them more inclusive.

16. Discuss the importance of continuous assessment in a physical education class. Give five points.

Continuous assessment is important in a physical education class as it provides ongoing feedback to both the student and the teacher.

It allows the teacher to identify a student's strengths and weaknesses and adjust their teaching methods accordingly.

It helps students to **monitor their own progress** and take ownership of their learning.

It also reduces the pressure of a single high-stakes final exam and encourages consistent effort throughout the course.

Finally, it provides a more comprehensive and accurate picture of a student's skills, knowledge, and participation.

17. Explain four types of teaching aids and their uses in a physical education class.

- Visual aids: E.g., posters, diagrams, or videos. They help to illustrate complex movements or concepts that are difficult to explain verbally.
- Auditory aids: E.g., music or a metronome. They can be used to set a rhythm for exercises or to add an element of fun to the class.
- Kinesthetic aids: E.g., training cones, ropes, or resistance bands. They are tools that students interact with physically to learn or improve a skill.
- Technology aids: E.g., smartphones with apps to track performance, or video cameras to record and analyze a student's technique.

18. Describe the importance of observation as a teaching method in physical education. Give six points.

Observation is a key teaching method in physical education as it allows the teacher to assess a student's performance, identify areas for improvement, and provide targeted feedback.

It helps to diagnose faults in technique and form.

It also allows the teacher to gauge the student's level of engagement and understanding.

It can be used to evaluate a student's progress over time and to compare their performance with a model demonstration.

Observation is also essential for ensuring student safety by identifying unsafe practices or movements