

**THE UNITED REPUBLIC OF TANZANIA  
NATIONAL EXAMINATION COUNCIL  
DIPLOMA IN SECONDARY EDUCATION EXAMINATION**

**736/1**

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**Thursday, 17<sup>th</sup> May 2018 p.m**

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**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.
2. Outline three main reasons why a physical education teacher needs to be physically fit.
3. Identify six common injuries in athletics and their causes.
4. Enumerate six ways an athlete can maintain body hygiene after physical exercise.
5. Describe three types of muscles in the human body.
6. What is the importance of cool-down exercises after a workout? State five points.
7. Differentiate between a sport administrator from a sports coach. Give three points.
8. List down six types of fouls in football.
9. Outline six types of serves used in volleyball.
10. Describe the six main categories of track and field events.

## **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.
12. Elaborate on the differences between muscular strength and muscular endurance.
13. Describe five types of coaching styles and their impact on team performance.
14. Explain five principles of training that an athlete must follow to improve performance.

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

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

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