

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

761/1

PHYSICAL EDUCATION AND SPORT

Time: 3 Hours

ANSWERS

Year: 2024

Instructions.

1. This paper consists of sections **A** and **B** with total of **Fourteen (14)** questions.
2. Answer **all** questions
3. Section **A** comprises **Ten (10)** questions with total of **40** marks, while section B has four questions with total of **60** marks.
4. Cellular phones 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 (40 Marks)

Answer **all** questions from this section. Each question has **four (4)** marks.

1. Identify four safety measures to teach athletes so that they can have a safe long jump.

Before performing a long jump, athletes should always ensure that the jumping area is clean and free from any obstacles or dangerous objects. This helps to prevent accidents such as slipping or tripping while running or jumping.

Athletes must be trained on how to warm up and stretch properly before participating in long jump events. Proper warm-up prepares the muscles and joints, reducing the risk of injuries like muscle pulls or joint strains.

The athletes should be taught to use the correct jumping techniques and landing positions. Proper technique not only improves performance but also ensures safety during take-off and landing phases.

It is important to advise athletes to avoid jumping when they feel unwell, tired, or injured. Participating while not fully fit can lead to serious injuries and affect their long-term health.

2. In a Netball competition, players of both teams A and B were satisfied with their umpire's judgements about infringement of rules and regulations made by some players during the match. Then, explain what do those rules and regulations serve in sports such as netball.

Rules and regulations in sports like netball ensure fairness and equality during the game. They create an environment where all players compete under the same conditions, avoiding situations where one side gains unfair advantage.

These rules help to maintain discipline among the players by guiding their behaviour and actions on the court. This promotes respect between opponents, officials, and teammates, which improves the overall atmosphere of the game.

They are necessary for the safety of the participants by preventing actions that may cause harm or injury. Specific rules on contact, positioning, and movement reduce the likelihood of dangerous situations.

Rules and regulations also make it possible for officials like umpires to manage the game smoothly and solve disputes. This ensures that the match progresses without unnecessary interruptions or conflicts.

3. A certain basketball team performed poorly in the match. The team coach is planning to change the offensive formation in order to improve his team's performance. Recommend four basic offensive formations that can be used by the team coach for his team to perform better.

The 1-3-1 offensive formation can be recommended, where one player stays at the top, three players form a line across the middle, and one player positions near the basket. This formation spreads the defenders and creates scoring opportunities.

Another formation is the 2-1-2, where two players are positioned at the front, one in the middle, and two near the basket. This arrangement is useful for both shooting from a distance and rebounding.

The coach may also consider the 3-2 offensive formation. Here, three players stay outside the three-point line while two players position near the basket. It encourages long shots and fast breaks.

Lastly, the 2-3 offensive formation can be applied, placing two players at the top of the key and three near the baseline. This is good for strong inside plays and cutting to the basket.

4. Suppose you are invited to visit society in which the people have a history of participation in physical exercises for a long time, briefly describe four characteristics which you expect to observe from those people to prove that they really participate in the exercises.

The people in such a society would likely display good physical fitness, with strong and flexible muscles, healthy body weight, and high levels of stamina, showing their ability to perform demanding activities without getting tired easily.

They would also possess a low rate of lifestyle-related diseases such as obesity, hypertension, and diabetes. Regular physical exercises improve heart health, control weight, and enhance body immunity.

Another observable characteristic would be a positive and active attitude towards life. These individuals are likely to be energetic, cheerful, and confident, reflecting the mental and emotional benefits of regular physical activity.

Finally, their body posture and movement coordination would be excellent. Good posture and balanced body movements are natural results of regular participation in exercises like running, stretching, and body training.

5. During a football match, two players collided with each other when heading the ball, one of them got an open wound while the other got a closed wound. Differentiate the types of wounds by using four differences.

An open wound involves the breaking of the skin, causing external bleeding and exposing internal tissues, while a closed wound occurs beneath the skin without any external bleeding.

Open wounds can be easily seen and examined since they are visible on the surface of the body, but closed wounds are often hidden under the skin, such as bruises and swellings.

Open wounds are prone to infections because they expose body tissues to bacteria and dirt, whereas closed wounds generally have lower risk of infection as the skin remains unbroken.

The treatment for open wounds typically includes cleaning, dressing, and stitching in severe cases, while closed wounds may require cold compression, rest, or medical attention for internal bleeding.

6. Suppose you were a physical education teacher in a particular school and your Headmaster requested you to receive and check the quality of text books which were supplied by the District Council tenderer. Analyze four qualities which you would observe.

I would first check the accuracy of the content to confirm that the textbooks contain correct, updated, and appropriate information suitable for the school's physical education syllabus and curriculum.

The physical quality of the textbooks would be considered, including the strength of the binding, the quality of paper used, and clarity of print. Good physical quality ensures the books last longer and are readable.

Another aspect to observe is the organization and arrangement of topics. A good textbook should have well-organized chapters, a clear table of contents, and proper sequencing of lessons to make teaching and learning easier.

Lastly, I would check for relevant illustrations, diagrams, and photographs. Quality textbooks should have supportive images that simplify the understanding of physical activities, games, and exercises.

7. The Kituyuri Secondary School Netball team got the first position in UMISETA games; the best player who was awarded during the winning ceremony was their goal keeper. Give four roles played by the goal keeper in that team.

The goal keeper is responsible for preventing the opposing team from scoring by closely marking their goal shooter and defending the goal circle area.

Another role is to intercept passes and rebounds within the defending third and goal circle. This reduces scoring opportunities for the opponents.

The goal keeper also collaborates with the goal defence and other teammates to clear the ball from the defensive area and initiate counter-attacks.

Lastly, the goal keeper provides leadership and motivates other defensive players by setting a good example through alertness, positioning, and communication on the court.

8. Newton's laws of motion involve movement, direction and application of force which are components of all games. Give one application of each law for each game showing how Newton's second and third laws applied in running and jumping events.

In running events, Newton's Second Law of Motion is applied when an athlete increases their speed by applying more force against the ground. The greater the force applied, the faster the acceleration according to the formula $F = ma$.

Newton's Third Law of Motion appears in running when the runner's foot pushes backward against the ground and the ground pushes the runner forward with an equal and opposite force, allowing continuous movement.

In jumping events, Newton's Second Law is applied when an athlete applies force against the ground at take-off. The stronger the force applied, the higher the acceleration upwards, influencing the jump's height and distance.

For Newton's Third Law in jumping, when an athlete pushes down against the ground during take-off, the ground reacts by pushing the athlete upwards with an equal and opposite force, propelling them into the air.

9. Form three students went for camping at Kitulo National Park; after coming back, their teacher requested them to provide the benefits that they had gained from the camping event. Write four benefits which the students might have gained.

The students would have improved their physical fitness due to participation in various outdoor activities such as walking, hiking, and games, which enhance stamina, strength, and flexibility.

They would also gain environmental awareness by observing natural features, animals, and plants, leading to increased knowledge of nature conservation and the importance of protecting natural resources.

Another benefit would be the development of social and teamwork skills through working together in preparing meals, setting up tents, and participating in group games, promoting cooperation and communication.

Lastly, the students would experience mental and emotional relaxation by staying in a natural environment, away from school stress, leading to improved moods and reduced anxiety.

10. Most Secondary Physical Education and sport teachers prefer the use of question and answer method in teaching and learning. Show four limitations of using that method in a classroom situation.

The question and answer method often limits students' participation because some students may feel shy or afraid to respond, reducing their involvement in the lesson.

This method may not provide enough room for practical demonstrations, which are essential in physical education where most concepts are better understood through practice.

It also depends greatly on the teacher's questioning skills. Poorly structured or unclear questions can confuse learners or fail to achieve the intended learning objectives.

Lastly, this method may not cater effectively to students with different learning speeds. Some learners may require more explanation or practical examples, which are not fully offered in this technique.

SECTION B (60 Marks)

Answer **all** questions from this section. Each question has **fifteen (15)** marks.

11. Juma is planning to participate in a 100-meter race at the National Athletics Tournament, so he is in need of a training program. If you were given an opportunity to train Juma, explain five running phases that you would include in his training program.

The first phase I would include in Juma's training is the starting phase. In this phase, Juma would learn how to position himself properly on the starting blocks, maintain focus, and react quickly to the starting gun to achieve an explosive start.

The second phase is the acceleration phase. During this phase, Juma would practice increasing his stride length and frequency as he moves from the starting position into an upright running posture, gaining speed rapidly within the first 30 meters.

The third phase is the maximum speed phase. In this phase, Juma would be trained to maintain his top speed by optimizing stride length and minimizing ground contact time. He would also work on arm action and relaxation to maintain efficiency.

The fourth phase is the speed maintenance phase. Juma would practice techniques to delay fatigue and sustain his maximum speed for as long as possible, especially between the 60 to 90-meter mark where sprinters typically begin to slow down.

The final phase is the finishing phase. In this phase, Juma would train on techniques for maintaining speed through the finish line, including proper body lean, focusing ahead, and ensuring a strong final push without deceleration before crossing the line.

12. Bakari has an interest in badminton game, but he feels imperfect in applying the strategies required for doubles. Elaborate four strategies for doubles play in order to help Bakari.

One important strategy is effective court coverage through positioning. Bakari and his partner should learn to use front and back or side-by-side positions depending on whether they are attacking or defending, ensuring no open spaces for opponents.

The second strategy is quick and consistent communication between partners. This involves calling out shots, signaling positions, and supporting each other's movements to avoid confusion and mistakes during play.

Another strategy is aggressive net play. Bakari should train to move swiftly to the net and take advantage of opportunities to play quick, decisive shots like smashes and net kills, putting pressure on the opponents.

The fourth strategy is targeted attacking. Bakari and his partner should identify weaker areas or less skilled opponents on the other side and direct their serves, smashes, and drops towards them to exploit weaknesses and gain points.

13. During preparation for the relay event, a coach trained his runners all the required skills for the event but they did not win in the competition, a sport analyst told the coach that his runners lacked relay tactics. Elaborate five tactics that the runners were required to be trained in.

The first tactic is the baton exchange technique. The runners should practice precise and smooth baton handovers within the exchange zone to maintain speed and avoid disqualifications or dropped batons.

The second tactic involves deciding the running order. The fastest and most experienced runners should be strategically positioned, with a strong starter and a reliable finisher to give the team the best overall performance.

Another tactic is practicing running in lanes. Runners should train to stay within their assigned lanes without crossing over during the race, as lane violations lead to disqualifications.

The fourth tactic is learning the visual and non-visual exchange. Runners should be trained on when to use the visual method (looking at the baton during exchange) or the non-visual method (relying on timing and hand signals) depending on the event and team coordination.

The fifth tactic is running through the exchange zone. Runners must be trained to accelerate into the exchange zone and receive the baton without slowing down, ensuring continuous momentum throughout the race.

14. You are given the goal keeping skills which are mostly used in soccer game; high ball catching, goal keeping stance, ball distribution and diving to save. Enumerate four main steps which one would instruct in each of the given goal keeping skills.

For high ball catching, the steps include: positioning oneself under the flight of the ball, raising both hands above the head with fingers spread wide, catching the ball at its highest point, and securing it tightly while bringing it down safely.

In goal keeping stance, the steps involve: standing with feet shoulder-width apart, bending knees slightly, leaning forward at the waist, and keeping hands raised at chest level ready to react to any ball movement.

For ball distribution, the steps include: scanning the field quickly to identify a free teammate, selecting the appropriate type of distribution (throw, kick, or roll), executing the distribution accurately, and quickly returning to position.

When diving to save, the steps involve: watching the ball carefully to anticipate direction, pushing off strongly with both feet, extending arms and body towards the ball, and landing on the side of the body to reduce impact while securing the ball.