

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

761/1

PHYSICAL EDUCATION AND SPORT

Time: 3 Hours

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

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.
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.
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.
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.