THE UNITED REPUBLIC OF TANZANIA

NATIONAL EXAMINATION COUNCIL

DIPLOMA IN SECONDARY EDUCATION EXAMINATION

736/1 **PHYSICAL EDUCATION AND SPORT 1**

Time: 3 Hours. **Thursday, 11st May 2000 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).

SECTION A (30 Marks)

Answer all questions in this section.

1. Mention six fundamental skills in volleyball.
2. What is the main objective of warming up before engaging in sports activities? State five points.
3. List six ways an athlete can maintain body hygiene after physical exercise.
4. Describe the six main categories of track and field events.
5. Identify three characteristics of a good physical education and sports leader.
6. What are the three essential components of a balanced diet for an athlete?
7. Enumerate six ways of preventing injuries in sports.
8. Outline three types of feedback in physical education and sport.
9. Name and explain three major types of fouls in basketball.
10. Differentiate a sport administrator from a sports coach. Give three points.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Describe five benefits of flexibility exercises for an athlete.
12. Elaborate on five functions of the skeletal system in the human body.
13. Explain five ways in which media can influence sports and physical education.
14. Analyze how teamwork can enhance performance in a football game. Give five points.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Explain five factors that influence the learning process in physical education.

16. Describe four types of assessments that can be used to evaluate a student's performance in a physical education class.

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

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