THE UNITED REPUBLIC OF TANZANIA

NATIONAL EXAMINATION COUNCIL

DIPLOMA IN SECONDARY EDUCATION EXAMINATION

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

Time: 3 Hours. **Thursday, 17th May 2001 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. State six psychological factors that may affect an athlete's performance.
2. Outline three leadership styles commonly used by coaches and sport managers.
3. Compare syllabus and scheme of work, giving three distinguishing points.
4. In basketball, list six occasions when a held ball is called.
5. For volleyball setting, describe three common footwork patterns used when setting.
6. Name six ways a player can legally score a point in badminton.
7. Briefly explain three types of joints found in the human body.
8. List six common causes of muscle cramps during sporting activity.
9. Give three advantages of using simulation and demonstration teaching techniques in P.E.
10. Describe three macronutrients that are vital for athlete energy supply.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Explain the physiology behind isometric, concentric, and eccentric muscle contractions.
12. (a) Describe five phases in an aerobic dance session.

    (b) List four physiological or psychological benefits of regular aerobic dance to participants.
13. Discuss five reasons why effective sports management is critical in Tanzanian secondary schools.
14. Outline seven tactical principles or strategies used in doubles tennis.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse five criteria that a curriculum designer should use when selecting P.E. content.

16. (a) Explain four types of teaching practices.

    (b) Give three benefits of moderation in block teaching practice.

17. (a) Define a logbook in the context of a P.E. teacher's planning.

    (b) Examine three roles or significance of maintaining a logbook in teaching P.E.

18. Describe nine principles that should direct effective teaching and learning in Physical Education.