THE UNITED REPUBLIC OF TANZANIA

NATIONAL EXAMINATION COUNCIL

DIPLOMA IN SECONDARY EDUCATION EXAMINATION

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

Time: 3 Hours. **Thursday, 16th May 2002 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. Identify six common injuries in athletics and their causes.
2. Outline three main reasons why a sports club needs to have its own constitution.
3. What is the importance of cool-down exercises after a workout? State five points.
4. Enumerate three basic techniques for receiving a shuttlecock in badminton.
5. Explain the concept of sports psychology and its relevance to an athlete.
6. List six types of shots used in table tennis.
7. Describe two types of physical endurance and their importance to an athlete.
8. Outline six major responsibilities of a team captain in a sport.
9. Briefly describe three types of passes in netball.
10. What are the benefits of proper hydration during physical activities? State five points.

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 ethical issues that a physical education teacher may face.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse four criteria for selecting teaching aids in a physical education class.

16. Discuss the importance of curriculum planning in physical education. Give six points.

17. Explain five roles of a physical education teacher in a school setting.

18. Analyse the importance of co-curricular activities in promoting physical education. Give five points.