THE UNITED REPUBLIC OF TANZANIA

NATIONAL EXAMINATION COUNCIL

DIPLOMA IN SECONDARY EDUCATION EXAMINATION

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

Time: 3 Hours. **Thursday, 15th May 2003 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 three primary responsibilities of a track & field starter.

2. Name and explain six defensive formations in basketball.

3. List six types of passes in netball and briefly describe each.

4. Define the following in sport psychology:

   (a) Motivation

   (b) Self-efficacy

   (c) Fear of failure

5. Explain three parts of a lesson plan: introduction, development, closure.

6. With examples, outline three challenges student teachers face in their first P.E. class.

7. Enumerate six rules governing the conduct of a 4 × 400 m relay.

8. Distinguish between health fitness and performance fitness (two types).

9. List six duties or roles of a sports administrator.

10. Mention six physiological effects of excessive alcohol use relevant to P.E.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. With examples, describe six internal and external sources of self-confidence to an athlete.

12. (a) State Newton's three laws of motion.

    (b) For each law, give one example of application in sport or P.E.

13. (a) Why do netball players use a dodge before receiving a pass?

    (b) Describe at least two types of dodges and how they are performed.

14. Explain seven behavioural ethics or guidelines a coach should adopt when working with young athletes.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Discuss four criteria that guide the selection of teaching methods in Physical Education.

16. Explain six ways good classroom management and organisation underpin effective P.E. teaching.

17. Analyse four types of evaluation in Physical Education..

18. Assess how continuous assessment practices contribute to teaching and learning in P.E.