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 2011 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 from this section.

1. List six causes of spectator aggression in sports settings.
2. State three negotiation skills important in sports administration.
3. Differentiate between broad curriculum and narrow curriculum, giving three differences.
4. In basketball, name six times when the ball is considered “out of bounds.”
5. In volleyball, describe three advanced setting variations (such as jump set, push over, back set).
6. List six ways to win a point in tennis (for example, ace, forced error, etc.).
7. Explain three major functions of the vertebral column.
8. List six factors which predispose an athlete to hamstring strain.
9. Outline three advantages of guided discovery and problem solving teaching methods in P.E.
10. Explain three types of proteins and their importance to athletes.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Describe the sliding filament mechanism and the role of ATP in muscle contractions.
12. (a) Outline five structural elements of an aerobic dance class.

    (b) Mention four mental or social benefits for participants in aerobic dance.
13. Discuss five challenges that sports managers face in rural Tanzanian schools and propose remedies.
14. Explain seven advanced tactics in doubles badminton.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyse five principles guiding content selection and arrangement in P.E. curriculum

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

    (b) State three reasons why moderation is important during block teaching practice.

17. (a) Define the concept of a logbook.

    (b) Analyse five roles of a logbook.

18. Enumerate and explain nine principles that should guide effective teaching and learning in Physical Education