THE UNITED REPUBLIC OF TANZANIA

NATIONAL EXAMINATION COUNCIL

DIPLOMA IN SECONDARY EDUCATION EXAMINATION

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

Time: 3 Hours. **Thursday, 19th May 2016 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. Outline six factors that influence an athlete's performance in a competition.
2. What are the benefits of a balanced diet for an athlete? State five points.
3. Identify three characteristics of a good physical education and sports leader.
4. Enumerate six functions of a sports committee.
5. Describe three types of ligaments and their role in the human body.
6. List six types of shots used in table tennis.
7. Briefly describe the concept of sports psychology and its relevance to an athlete.
8. Differentiate between a sprint and a long-distance race. Give three points.
9. Outline six ways of preventing injuries in team sports.
10. Describe two types of physical endurance and their importance to an athlete.

SECTION B (30 Marks)

Answer two (2) questions from this section.

11. Elaborate on the role of nutrition in an athlete's performance. Give five points.
12. Explain how the circulatory system works during physical exercise. Give five points.
13. Describe five different types of sports injuries and their first aid treatment.
14. Explain five ethical issues that a physical education teacher may face.

SECTION C (40 Marks)

Answer two (2) questions from this section.

15. Analyze the importance of co-curricular activities in promoting physical education. Give five points.

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

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

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