THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
DIPLOMA IN SECONDARY EDUCATION EXAMINATION

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

Time: 3 Hours **Thursday, 15th May 2014 p.m.**

Instructions

1. This paper consists of sections A, B and C.
2. Answer **all** questions in section A and **two (2)** questions from each of the sections B and C.
3. Sections A and B carry 30 marks each and section C carries 40 marks.
4. Cellular phones are **not** allowed in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

PE 049
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SECTION A (30 Marks)

Answer **all** questions in this section.

1. Identify six causes that make athletes behave aggressively in sports and physical activities.
2. Outline three basic skills needed for physical education teachers and sport managers to be successful.
3. Differentiate a syllabus from a course curriculum. Give three points.
4. Outline six specific uses of dribble in basketball game.
5. The volleyball techniques for setting include several aspects. Outline three aspects.
6. List six situations which result in scoring a point in table tennis.
7. Briefly describe three types of bones in human body.
8. Enumerate six causes of muscle strain.
9. Mention three advantages of brainstorming and role play techniques in Physical Education and Sports.
10. Briefly describe three types of nutrients that provide energy to athletes.

SECTION B (30 Marks)

Answer **two (2)** questions from this section.

11. Elaborate how contractions worked in human body muscles.
12. (a) Describe five components of typical aerobic dance as used in physical activities.

    (b) State four benefits associated with regular participation in aerobic dance.
13. Explain why there is a vital need of sports management in Tanzania? Give five reasons.
14. Describe seven strategies used in playing the doubles game of badminton.

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SECTION C (40 Marks)

Answer **two (2)** questions from this section.

15. Analyse five criteria used for selecting curriculum content in Physical Education and Sport.

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

    (b) Describe three significance of having moderation in block teaching practice.

17. (a) Explain the concept of log book.

    (b) Analyse the significance of a log book.

18. Describe nine principles for effective teaching and learning of Physical Education.

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