

## **SEMINAR DISCUSSION ITEMS**

### **ITEM 1      BUKOOLI COLLEGE BUGIRI**

In a physical education class, a student named Sarah is very dedicated to her fitness routine. She exercises vigorously for two hours every day, focusing on strength training and cardio. However, she often skips meals and does not get enough rest due to her busy schedule. Additionally, Sarah neglects her personal hygiene, often wearing the same workout clothes multiple times without washing them.

#### **TASK**

Advice, how can Sarah improve her approach to exercise, rest and hygiene to ensure she maintains a healthy and balanced lifestyle

### **ITEM 2              BUBINGA HIGH SCHOOLBUGWERI**

John is a high school student who is passionate about basketball and dreams of playing at a competitive level. He spends hours practicing his shooting, dribbling and defensive skills every day after school. However, John's diet consists of mainly fast food, sugary snacks, and soda. He often feels tired and lacks the energy to perform at his best during games and practices.

#### **TASK**

Provide an advice, on how can John enhance his skill develop and overall performance in basketball by making changes to his diet and nutrition habits?

### **ITEM 3              KISISKI COLLEGE NAMUTUMBA**

The school's basketball team has been performing exceptionally well this season, winning several important games and gaining recognition in the local media. As a result, the team's captain, Maria has been receiving a lot of attention from reporters who want to interview her about the team's success. Maria is excited about the media coverage but is also feeling overwhelmed by the added pressure and expectations.

#### **TASK**

How can Maria effectively manage the media attention and use it to positively impact the team's performance and her own leadership role in physical education class.

### **ITEM 4              NAMUTUMBA SEED SEC SCH**

A group of students in a physical education class have varying levels of physical fitness. Some students are very active and participate in sports regularly, while others lead more sedentary lifestyles and struggle with basic fitness activities. The teacher wants to design a fitness program that caters to the needs of all students and helps them improve their overall physical health.

#### **TASK**

How can the physical education teacher create a comprehensive fitness program that addresses the diverse fitness levels of students in the class and motivates them to make positive changes towards a healthier lifestyle?

**ITEM 5                    KASWABULI SEC SCH NAMUTUMBA**

A community that has experienced conflict and division for many years decides to use sports as a tool for promoting peace and development. A local physical education teacher, Ms. Rodriguez is tasked with organizing a sports event that brings together youth from different backgrounds and encourages teamwork, cooperation and mutual respect.

**TASK**

How can Ms. Rodriguez leverage the power of sports in physical education to foster unity, understanding and social cohesion among the youth in the community, ultimately contributing to peace and development efforts?

**ITEM 6                    KALIRO HIGH SCHOOL**

In a school district, there is a noticeable disparity in access to sports and physical education opportunities among students. Some schools have state-of-art facilities, well-trained coaches and a wide range of sports programs, while others lack the basic equipment, qualified instructors and funding for extracurricular activities. This inequality is affecting the overall physical health and well-being of the students in the district.

**TASK**

How can the school and district address the issue of unequal access to sports and physical education resources to ensure that all students have the opportunity to participate in sports, develop their skills and lead active and healthy lifestyles?

**ITEM 7                    KASWABULI SEC SCH NAMUTUMBA**

The national basketball team of a country has qualified for the Olympics for the first time in decades. The team is made up of talented players from diverse backgrounds who have worked hard to reach this level of competition. The country's ministry of sports is looking to capitalize on this achievement to promote the importance of physical education and sports at the national and international level.

**TASK**

How can the ministry of sports leverage the success of the national basketball team at the Olympics to advocate for increased investment in physical education and sports programs nationwide, with the goal of promoting health, unity and national pride among citizens?

**Item 8                    BUDINI SEC SCH**

During a nutrition unit in your physical education class, one student expresses confusion about the right diet for a sportsman that they have heard about online and from friends. They are unsure about which diet is the best for their overall health and athletic performance. These students need to understand the importance of a balanced nutrition, debunk the common myth about diets and guide them towards making informed choices to support their well-being and fitness goals depending on the nature of the sport that they are involved in.

**TASK:**

Prepare a write-up addressing the student's confusion so as to prepare better athletes.

#### **Item 9                    MUSANA VOCATIONAL SCHOOL**

In the recently concluded USSSA National boys' soccer championships in Masaka, a number of issues arose indicating the determination of some school teams to win at all costs. This caused many of such teams to exhibit high levels of poor sportsmanship through characters like;

- Using ineligible players in their teams
- Disobeying the referees' on-field decisions
- Some players intended to fight their opponents resulting from the frustrations and inability to admit a loss
- Rough play against their opponents
- Others would refuse to train

Since the competition was for a short period of time, the players ended up being over stressed and exhausted which further worsened the situation.

#### **TASK:**

- a) According to you as an analyst, which other behaviors could these players have exhibited and were not captured
- b) Which effects could such a trend have on the championship, teams and players at large if not addressed
- c) How can the country address this, in order to protect its talent base?

#### **Item 10                    KALIRO COLLEGE**

The host countries for AFCON 2027 are Uganda, Kenya and Tanzania, an opportunity that has brought the continent's prestigious tournament close to you. Such events come with a number of advantages to both the host countries and the athletes who engage in them. You are happy about the event coming to your country and you are to be part of the journalists who are to cover the tournament. This will make you use various media platforms to showcase the various athletes' dedication, talent and accomplishments in order to inspire the local athletes in sports programs to strive for excellence in their own athletics endeavors.

#### **TASK:**

- a) How do such events benefit the host countries and the participants at large?
- b) How does media influence such events?
- c) As a journalist, choose the various media presentations that you will use to keep the public updated about every action of the tournament

#### **ITEM 11                    HOLLY CROSS LAKE VIEW**

Your physical education class is participating in a community sports event aimed at promoting peace and development. During a soccer match, a player from your team notices that a player from the opposing team is getting bullied by their teammates due to their nationality. In another observation, many of the

community members were denied an opportunity to participate based on various discriminations and this is affecting the talent identification and development programs of the community. There is need to intervene and address the situation and foster a positive, inclusive environment that promotes unity, respect and understanding among all participants.

**TASK:**

Make a write-up of how you can address this when given an opportunity to be part of the panelists on the community radio talk show

**ITEM 12 IGANGA SEC SCH**

Children learn a number of traits and abilities to perform based on the environment where they stay. In some settings like in the urban centers where the space is limited and the parents have a great ignorance about the role of physical exercises in one's life, many children end up being kept indoors most of the time. This makes the children grow with less physicality. Due to the limited resources, they also end up feeding on a poor diet and this affects their general health.

**Task:**

As a physical education student, describe how you would advise the parents of such children

**ITEM 13 BUWENGE COLLEGE**

When the S.3 class was playing against S.4s in the interclass soccer competitions, it was observed that Jordan their best player didn't perform as expected and they ended up losing the game to the S.4 class. It was said that there could have been a number of underlying factors that affected his performance that day.

**Task:**

As an expert in physical fitness, what could have affected Jordan's performance during the match?

**ITEM 14 ST. FLORENCE SEC SCH**

In Mukono district, there are a number of special interest groups that need to be catered for when designing a particular sports program. However, some of these are given limited access to the various sports and facilities based on various reasons. If this is maintained, it will affect the talent base of Mukono district as well as Uganda at large, hence the need for its address urgently.

**Task:** Devise means on how would address this for everyone to feel comfortable in the community.

**ITEM 15 BULOPA SEC SCH**

In the recently concluded post-primary games, a particular school was forced to drop out of the competition after playing just two games. This was because they sustained many injuries which ended up leaving them with a number of players less than the minimum required for a team. For the few games they played, the following were noted;

- They were getting tired easily
- They could easily fall after being dodged

- The strikers of the opponents would run faster than the defenders

**Task:** If given the role to coach that school, describe what you would do to ensure a better performance in the next upcoming competitions.

#### **ITEM 16                      BUPADHENGU SEC SCH**

Proper and good sportsmanship is very important to be exhibited by all sports personalities. James, a striker in a given local soccer team is more than willing to win every game. This has caused him to do a number of unacceptable activities in order to achieve this. He is also seen doing the following;

- Quarrels with the referees
- Involved in fights with teammates
- Uses cocaine before the games
- His sanitation is not good and the teammates don't feel okay to associate with him

**Task:** From your knowledge assess the situation of James and advised him accordingly.

#### **ITEM 17                      BUSOGA HIGH SCH**

During the Easter holiday, a soccer tournament was organised in your school and all classes participated. The tournament began on Good Friday and the finals were held on Easter Monday. This made the classes play many consecutive matches with short rest periods. A number of injuries were recorded as observed from the following;

- Some players felt fatigue easily and quickly resulting from having taken a good time without playing
- Substitutes would just move from the bench, and straight into the pitch.
- When through passes were played to the strikers, the defenders would reach before them and cleared the ball away.

In one unfortunate scenario in the match between S.5 and S.6, the S.6 goal keeper collided with the S.5 striker in an attempt to head the ball into the net from a corner kick. This made the striker to fall terribly on the ground and fainted, causing the match to be stopped momentarily for the emergence help to be rendered.

#### **TASK:**

- I. How did the observations come about, and how can they be worked upon for a better tournament, in the upcoming IDD – cup.
- II. If you were part of the emergence team, prepare a write – up showing how you would help the casualty

#### **ITEM 18. BUDINI S S**

In the recent survey by a given health-related NGO, it was observed that the number of people with Non-Communicable Diseases has increased. This is more observed in the cooperate people and those with white-collar jobs. In a bid to establish the cause, the following were found out;

- They always work overtime
- Have heavy meals with several periods of junk foods
- Have a negative attitude towards exercising
- Drive from their homes to the places of work, and then drive back.

This prompted the government to roll out a mass sensitization campaign to curb the situation before it gets out of hand.

**TASK:**

Prepare a write-up of what you can use to support the government's cause.

**ITEM 19: IGANGA SS**

In Uganda, there is a community where there are rampant wrangles and disputes resulting from the land grabbing tendencies and some ethnic discriminations. In some cases, some people have lost their lives as a result of the endless disputes. However, it has been observed from other areas that physical education and sports have been used to unite disagreeing parties of a particular community. The district sports officer has been contacted by the district chairperson to establish how sports can be used as an avenue to restore peace in the community.

**TASK:**

If you are tasked by the sports officer for an advice, prepare a write-up of your advice.

**ITEM 20: BUSOGA HIGH**

Due to the limited resources for use during the engagement in sports, a number of community members may end up having less involvement in sports. Limited access to sports by some people is based on a number of reasons and this has affected the talent identification and development programs in the various communities where the vice exists. From research, it's established that society is not aware of this vice and its impact, yet it's disastrous. As an expert, you would wish to open the eyes of the society before the effect increases.

**TASK:**

Prepare a write-up that you can present over a radio talk-show, if you are invited to address the issue.

**ITEM 21**

During the interclass volleyball competitions, John a player of S.2 class moved from class which is a few meters from the volleyball court and immediately requested to start playing and he was allowed.

After a few minutes of play, John complained to the umpire of sudden pain at the ankle, and was seen limping off the court. The play was stopped, the other players observed that there was also

swelling at the ankle and John told them that he started playing when he was normal. Everyone had no knowledge on how to help him before referring him to the health centre.

**TASK:**

- (a) How is John's conduct responsible for the pain and swelling?
- (b) Make a write up that can be used by S.2 students to help John.

**ITEM 22**

The district has organized a football championship where sub-counties are to be represented. The coach for your team tried out the players through a friendly match to check their preparedness for the competitions. The coach made the following observations;

- (a) A number of players easily got tired and requested for substitution more frequently
- (b) Many players made passes that failed to reach the identified target
- (c) Players easily staggered and at times fell down with even a slight push from the opponents
- (d) In most cases, the opponents could reach the ball first whenever long passes were made.
- (e) Players eat a lot of food and drink water few minutes before training because they need energy during training.

Based on the observations made, the coach has requested you to give support to the team in the area of physical fitness. There are three weeks left to the start of the competitions.

**TASK:**

Make a detailed write up that can be used to support the football players for two weeks.

**ITEM 23**

Samuel is a wheel chair basketball player who desires to become an international basketball player. He lives in one of the refugee camps in Uganda. He shared some of the challenges in the refugee camps as being limited space, inadequate equipment for women and children to participate in physical activities. He added that he was denied an opportunity to use the available courts (playgrounds) because he is both non-Ugandan and disabled.

He further noticed that athletes were using drugs and becoming violent during play. A local media house has approached you for an article in the newspaper addressing the challenges in the camp.

**TASK:**

As a student of physical education, make a write-up of between 300 and 500 words that can be published in a newspaper addressing the challenges in the camp.

## **ITEM 24**

Makuru and Pakuru sub counties in Uganda have remained under developed compared to their neighbours. The two areas have problems such as endless fights, quarrels among the residents because of their political, social & religious differences but for the youth, it's largely drug abuse. During a radio talk show, the district sports officer said that sports activities can be one of the tools to overcome such problems and further mentioned that media is key in aiding sports for development. However, some officials do not agree with the District sports officer.

### **TASK:**

As a physical education student, make a write up in support of the district sports officer.

## **ITEM 25**

During the volleyball game in the competitions of your school, a player dived to dig the ball and on landing he/she hit the hands hard on the ground resulting into;

- A lot of pain, swelling, limited mobility and instability at the wrist joint
- Bleeding, pain, increased sensitivity and redness at the lower knee
- Discoloration, swelling, painful tender skin with no blood at the lower elbow

The coach also noted that due to uneven and stony ground, players usually suffer the above cases with no clear way of managing and eliminating such cases during performance. You are the head of the school red cross team.

### **TASK**

Share how the above cases can be managed and what the performers can do to eliminate further cases.

## **ITEM 26**

On discovering that most of the tennis players (girls) during the last concluded 2024 competitions could;

- Not easily return the ball to the opponent with a lot of force making slow shot speed drives and had difficulty returning strong serves
- Not easily move from one point on court to another with change in the direction of the ball
- Struggle completing the four quarters of play with shortness of breathing (panting), getting tired easily, decreased productivity and increased rest time.

One of the games teachers also noted that most of the players loved to eat chapats with deep fried eggs (rolex), carbonated drinks like soda and ignore water, posho and beans with the greens prepared at their schools.



The games and sports department has identified you as one of the knowledgeable PE student to help the tennis team. You have been assigned one tennis player to support and better their performance based on the above challenges before the upcoming East African Games.

### **TASK**

Design a programme you will use to accomplish the assigned duty

### **ITEM 27**

Jordan is one of the compound cleaners at your school, he wonders why;

- Many students on joining senior one, become excited and love the subject of physical education and sports in school compared to any other school activity
- Many expert in sports also encourage the upcoming clubs and teams to use of television to grow their sport
- Uganda spends a lot of money encouraging and taking athletes for competitions such as the Olympics, African cup of nations and world cup yet the local “masazza cup” is another good source of entertainment requiring little money expenditure.

You are the school sports leader and you are in a better position to explain the above matters to the school cleaner.

### **TASK**

Make a write-up of 200-500 words convincing the cleaner about the above matters

### **ITEM 28**

You are organizing a school-wide leisure and recreation day where students are can participate in various activities of their choice. You have the opportunity to select three activities to be offered during the event. Through those events, you intend to promote physical activity, teamwork and creativity among peers.

### **TASK**

Make your choices for the assignment, and provide a detailed explanation for your choices

### **ITEM 29**

You are a PE teacher at a high school and you have been tasked with designing a holistic program to help student athletes improve their basketball skills while also emphasizing the importance of proper nutrition and diet for performance enhancement. That programme should integrate skill development training for basketball players like shooting, dribbling and passing with appropriate dietary guidelines to optimize their performance on the diet.

### **TASK**

Propose nutritional plan that includes recommendations for pre-game meals, post-workout snacks, hydration strategies and overall dietary choices to support energy levels, muscle recovery and endurance during training and games.

### **ITEM 30**

You are a physical education instructor at one of the universities and from your observation, the university soccer team's poor performance in the university league is due to a few factors like

- Frequent falls during the matches
- Taking long to turn by the players especially when in situations of tight marking by the opponents
- Easily surrendering after a simple push by the opponents especially when fighting for the ball.

You have picked interest in helping this team to improve their performance on the field by focusing on their physical conditioning and overall fitness levels.

### **TASK**

Considering the specific demands of soccer, design a detailed fitness testing and training programme tailored to the needs of the university team.