

Candidate's Examination Number _____

SMZ

**ZANZIBAR EXAMINATIONS COUNCIL
FORM THREE ENTRANCE EXAMINATION**

066 PHYSICAL EDUCATION AND SPORTS

Time: 2:30 Hours MONDAY 10th DECEMBER, 2018 a.m

INSTRUCTIONS TO CANDIDATES

- 1. This paper consists of THREE (3) sections A, B and C.**
- 2. Answer ALL questions in section A and B, and only TWO (2) questions from section C. Question number NINE (9) is COMPULSORY.**
- 3. Write your Examination Number on each page.**
- 4. Write all answers in the space provided.**
- 5. Cellular phones are not allowed in the Examination room.**
- 6. Use a blue or black pen in writing. The diagrams must be drawn in a pencil.**

FOR EXAMINER'S USE ONLY		
QUESTION NUMBER	MARKS	SIGNATURE
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
TOTAL		

This paper consists of 11 printed pages

SECTION A: (30 Marks)

Answer ALL questions in this section

1. Choose the correct answer from the given alternatives and write its letter in the table below.
 - i. Among the symptoms of fracture is
A: Chock B: Shock C: Cold D: Hot
 - ii. ABCDE are the most common steps in first aid, where A stands for
A: Ambulance B: Antibiotic
C: Airways D: Antiseptics.
 - iii. The length of the football pitch is about
A: 120m B: 115m C: 110m D: 50m
 - iv. The exercises that are performed by rhythms and steps related to music are
A: Gymnastic dance B: Aerobic dance
C: Rumba dance D: Ply metric
 - v. The common commands in starting sprint are
A: Go, on your mark and run B: On your mark, set and go
C: Start, on your mark and go D: Start, on your mark and run
 - vi. Training shoes, track suit, t-shirt and shorts collectively are known as
A: Sports activity B: Sports clothes
C: Sports gear D: Safety equipment
 - vii. Which of the following activities are appropriate for cooling down after exercise
A: Jogging and walking B: Jogging and running
C: Sprinting and jumping D: Running and jumping
 - viii. Among the examples of the field event is
A: Sprint B: Relay C: Throwing D: Marathon
 - ix. The complete tearing of the muscles which may occur in fleshy part of the tendon is referred to as
A: Strain B: Sprain C: Stiffness D: Rapture
 - x. When we treat the muscle injuries, the procedure to be followed is known as
A: ABCDE B: RICE C: FIT D: MTP

Answers

i.	ii.	iii.	iv.	v.	vi.	vii.	viii.	ix.	x.

2. Match the items from **LIST A** with the responses in **LIST B** by writing the letter of the correct answer in the table below.

LIST A		LIST B
i.	First Aid	a. Keep dressing
ii.	Type of fracture	b. Cleaning wounds to kill bacteria
iii.	Is a broken bone	c. Washing hands and equipment
iv.	Panadol (Pain killer)	d. Covering hands
v.	Drowning	e. During playing football
vi.	Plaster	f. Helps to reduce pain
vii.	Soap	g. Plastic bags
viii.	Bandage	h. Immersed in a fluid
ix.	Disposable sterile gloves	i. Leg accident
x.	Antiseptic	j. Dislocation
		k. Covering a small wound
		l. Relieving pain
		m. Fracture
		n. Draw a picture
		o. Close fracture

3. Write (**T**) if the statement is **correct** and (**F**) if the statement is **incorrect**.

- i. Warm up helps to prepare muscles for stretching and increasing body temperature ()
- ii. Sport is a physical competitive activity which is well organized with special rules on the international basis. ()
- iii. Flexible body is not needed in all sports. ()
- iv. The first step in treating open fracture is to transfer the victims

- to the hospital. ()
- v. The First aid's knowledge is provided through physical activities. ()
- vi. Basketball is the common game in U.S.A. ()
- vii. We can avoid injury in our sports. ()
- viii. Cleaning the surrounding area with soap and water and patting dry the area, is a treatment of minor bleeding. ()
- ix. The area used for gymnastic activities is known as gym. ()
- x. Providing civil knowledge is one among the importance of physical exercises. ()

SECTION B: (40 Marks)

Answer ALL questions in this section

4. a) Define the following terms.
- i. Physical Education

- ii. Physical fitness

- b) Define any three (3) components of Physical fitness.

- i. _____
- _____
- ii. _____
- _____
- iii. _____
- _____

c) List four (4) items found in First Aid Kit.

- | | |
|------------|-----------|
| i. _____ | ii. _____ |
| iii. _____ | iv. _____ |

5. a) When does the umpire award offside in the netball game?

b) What happen when the football player commits a foul by punching the opponent player intentionally?

6. a) Identify tools used by the following officials in basketball game.

i. A time keeper

ii. A score keeper

iii. A player

b) Explain three (3) important points in swimming front crawl (front glide) as a style of swimming.

i. _____

ii. _____

iii. _____

7. a) What do you understand by the term "swimming"?

b) List five (5) importance of swimming.

i. _____
ii. _____
iii. _____
iv. _____
v. _____

c) Identify three (3) player's positions in football and give two roles of players in each identified position.

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i. _____

ii. _____

iii. _____

8. a) Explain briefly about camping.

b) State three (3) advantages of camping.

i. _____

ii. _____

iii. _____

c) List five (5) items that people can take when they are in camping.

i. _____

ii. _____

iii. _____

iv. _____

v. _____

SECTION C: (30 Marks)
Answer TWO (2) questions from this section.
Question number nine (9) is compulsory

9. a) In which situation of the soccer game the following restarts can be awarded?

i. Corner kick

ii. Penalty kick

iii. Goal kick

iv. Throw – in

b) Write four (4) comparisons between football and Handball.

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i. _____

ii. _____

iii. _____

iv. _____

10. a) Draw the football pitch and show the place where a goalkeeper is allowed to catch the ball, the substitution area of team "A" and the place where by lineman stays during the match.

b) i. How many players are there in the football pitch during the match?

ii. Explain how offside can happen in a football game.

iii. How many points are required for the team to win in one football game?

iv. Explain any formation played by a football team during the match.

c) State five (5) benefits Zanzibar can have for being the permanent member of CAF.

i. _____

ii. _____

iii. _____

iv. _____

v. _____

11. a) List down four (4) necessary equipment in throwing events.

i. _____

ii. _____

iii. _____

iv. _____

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b) Briefly explain four (4) importance of doing physical exercise regularly.
