

SMZ**ZANZIBAR EXAMINATIONS COUNCIL
FORM THREE ENTRANCE EXAMINATION****066****PHYSICAL EDUCATION****TIME: 2:30 HOURS****FRIDAY 12TH NOVEMBER, 2021 A.M****INSTRUCTIONS**

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 every page.
4. Write all answers in the space provided.
5. Use a blue or black pen in writing. The diagrams must be drawn in pencil.
6. Cellular phones and unauthorized materials are not allowed in the examination room.

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 12 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. The session which conducted after training or competition to minimize body temperature and heart beats is
 - A. Cool down
 - B. First half
 - C. Quarter
 - D. Warm up
 - ii. The procedure of the running events must be done in
 - A. Anticlockwise movement
 - B. Both clockwise and anticlockwise movement
 - C. Clock wise movement
 - D. Opposite with direction of the sun
 - iii. Value of physical exercises in improvement of health is
 - A. Eradication of social problems such as HIV/AIDS
 - B. Improvement of body functions and reduces cholesterol
 - C. Increase employment opportunity
 - D. Promotion of culture
 - iv. Jacline's netball team won three matches out of six, drew 2 matches and lost one match. How many points did her team receive?
 - A. Eight
 - B. Eleven
 - C. Ten
 - D. Three
 - v. The item used to protect the first aider against an infected blood is
 - A. Bandage
 - B. Clean water
 - C. Gloves
 - D. Ice pack
 - vi. The smallest and portable box in which medicines and equipment are kept for first aid is called
 - A. Equipment box
 - B. First aid kit
 - C. Sport kit
 - D. Square box
 - vii. Which one of the following is not the aim of rendering first aid in sport activities?
 - A. To bring hope
 - B. To lubricate joints
 - C. To stop bleeding
 - D. To save life

- viii. Among the common injuries in athletic activities are
 - A. Strain and headache
 - B. Sprain and malaria
 - C. Sprain and strain
 - D. Typhoid and rupture
- ix. The following are the signs and symptoms of fracture (skeleton injury) **except**
 - A. Abnormal bend
 - B. Swelling at the injured part
 - C. Snapping sound of broken bone
 - D. Vomiting and dizziness
- x. The two (2) responsibilities of the player in playing fields for invasion games are
 - A. Defending and attacking
 - B. Scoring and offense
 - C. Warm up and defending
 - D. Warm up and cool down

ANSWERS

[illegible]

2. Match the following types of techniques used in swimming from **LIST A** with the correct descriptions in **LIST B**. Write the letter of the correct answer in the table provided below.

LIST A		LIST B
i.	Front crawl	A. Resemble the crawl except the swimmer lies on his/her back
ii.	Breast stroke	B. Arms are thrown forward together out of the water
iii.	Butterfly	C. Combination of four different styles into one race
iv.	Back stroke	D. Arms move alternatively overhead together with kick
v.	Middle	E. Arms and legs use to push water
		F. Use only legs to push water
		G. Arms are extended together in front of the head and swept back or frog style

ANSWERS

i	ii	iii	iv	v

3. Write **TRUE** if the statement is correct or **FALSE** if the statement is incorrect. Put your answers in the table provided.

- i. Physical education refers to bodily movements that increase energy expenditure.
- ii. Safety and health have the same meaning.
- iii. Iodine tincture is used to provide first aid to a person with abrasion.
- iv. Body composition refers to the proportion of fat tissues and fats.
- v. Calf stretches is a stretch to the muscle of the front lower leg.
- vi. Butterfly technique is one among other techniques used in swimming.
- vii. Camping is an outdoor activity in which tents or a caravan is very important equipment.
- viii. Beam balance is one of the gymnastic activities.
- ix. Sprinting is a short distance running that covers a distance of less than 1500m.
- x. Soccer is a game that can be played by all sex.

ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

SECTION B. (40 Marks)

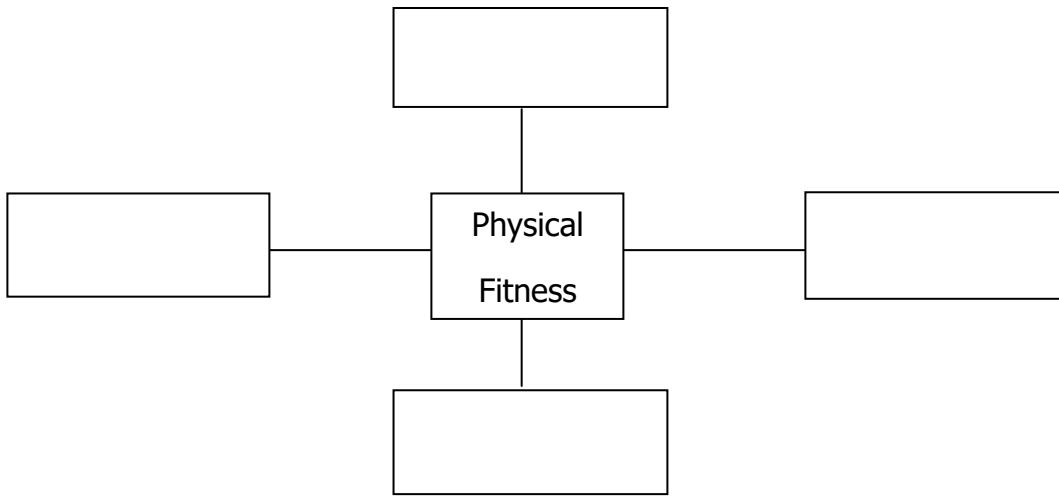
Answer ALL questions in this section.

4. a) What is meant by the term 'Health'

- b) Suppose your fellow player does not understand how he/she can execute to be healthy. Give four (4) advices to help him/her.

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

c) Complete the following diagram by writing the components of Physical Fitness.



d) Write the long form of the following abbreviations.

- i. AIDS
- ii. FIFA
- iii. HIV
- iv. TFF
- v. VAR

5. a) Define the term safety.

b) Write five (5) precautions of injury in sports.

c) Write the long forms of the following concepts.

i. ABC

ii. RICE

6. a) Define "joint"

b) Differentiate the following terms.

i) Ligament and Tendon

ii) Open fracture and Closed fracture

7. a) What is Warm – up?

b) Write five (5) importance of warming up before doing any sports.

8. a) Swimming is defined as

- b) Outline three (3) benefits of swimming to our health.

SECTION C (30 Marks)

Answer any TWO (2) questions in this section.

Question number NINE (9) is COMPULSORY.

9. a) What are recreation activities?

Candidate's Examination Number _____

b) Evaluate five (5) benefits of recreation activities.

c) Name four (4) types of outdoor and recreation.

10. a) Briefly explain the following concepts as used in athletic.

i. Track events.

ii. Short distance

iii. Long distance

b) According to the rules of starting the race, the following actions tell the athletes to:-

On your Mark _____

Set _____

GO _____

c) Suggest four (4) precautions in running events.

11. a) Explain five (5) common types of passes in Netball.

i. _____

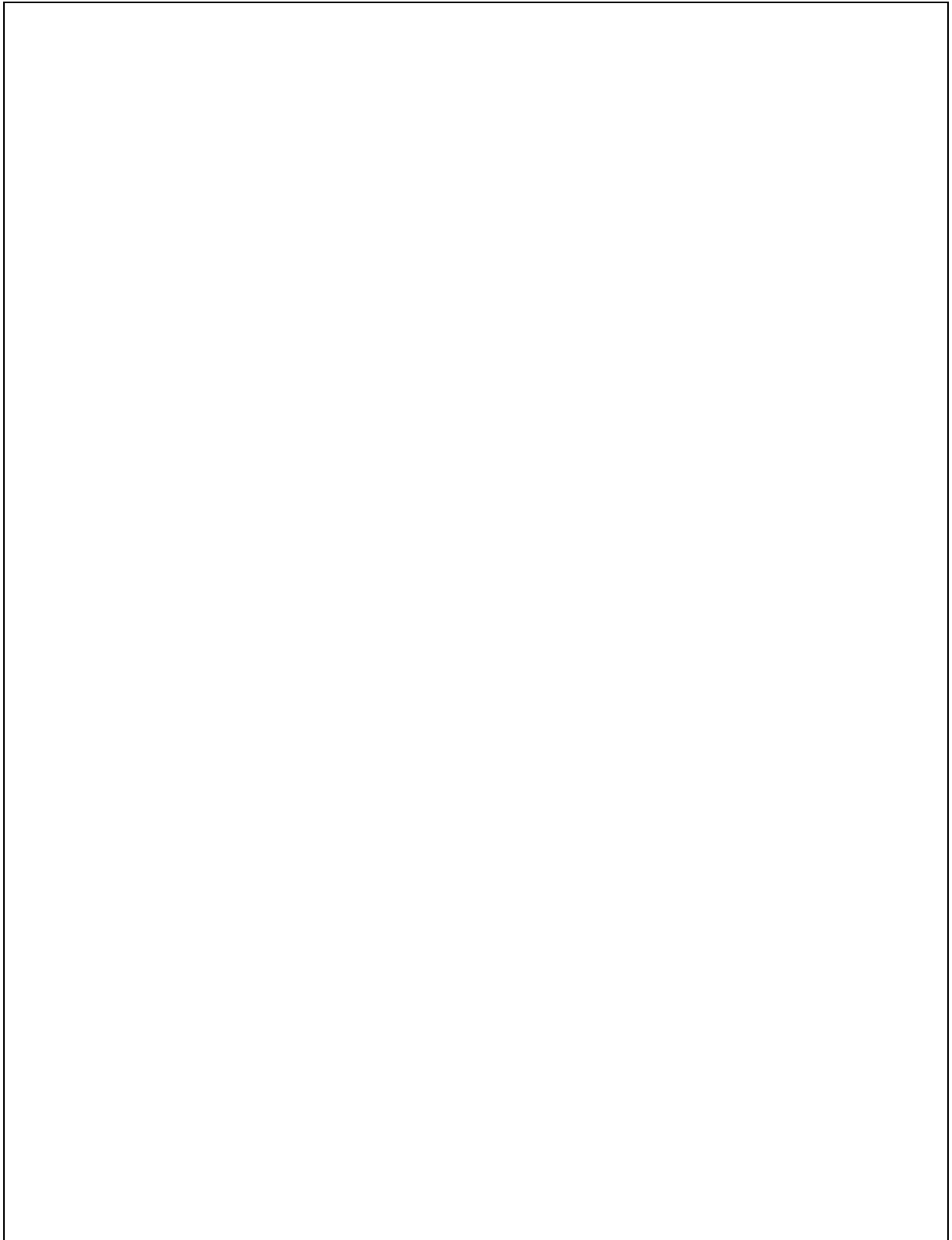
ii. _____

iii. _____

iv. _____

v. _____

- b) Draw a Netball court with standard dimensions of length and width. Indicate the position of each player for both teams in the court.



.....