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PHYSICAL
EDUCATION
Paper 1
2024



MATIGO EXAMINATIONS BOARD

Uganda Certificate of Education

PHYSICAL EDUCATION

Paper 1 Theory

2 hours 15 minutes

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **two** sections; **A** and **B**. It has **four** examination items.*

*Section **A** has **two** compulsory examination items.*

*Answer only **one** item from Section **B**.*

*Answer **three** examination items in all.*

*Any additional item(s) answered will **not** be scored.*

***All** answers **must** be written in the Answer booklet(s) provided*

SECTION A

Answer both items in this section.

Item 1

On Women's Day, netball competitions are held to commemorate the achievements of women. At the tournament, numerous schools arrived to participate in the competition, with your school serving as the host. You were selected to be part of the emergency response team. During the games, many teams simply took to the court and started playing without proper warm-ups, resulting in subpar score averages. As the morning games progressed, players began to complain of shortness of breath, stitches, and muscle pulls. During halftime breaks, few teams were seen providing refreshments to their players, which some team managers deemed a waste of money. The players expressed frustration about the demands from their coaches, body weakness, and poor performance, but no one could offer an explanation for these issues. The spectators mistakenly viewed netball as a relatively easy sport since it involves less physical contact.

Task:

- (a) Explain why players were complaining?
- (b) Make a write up that can help teams perform better.

Item 2

The Uganda Badminton Association conducted a study examining the performance of national players in international tournaments. The researchers analyzed three key aspects: preparation before the tournament, body language during games, and recovery after games. The study revealed the following findings:

- (a) A significant number of players exhibited fatigue after the first game.
- (b) The majority of players committed unforced errors while returning the shuttle.
- (c) Players confessed to feeling intimidated by their opponents from other countries, particularly those from Asia.
- (d) The indoor stadium atmosphere was also identified as a contributing factor.
- (e) Players reported consuming large amounts of food and water shortly before games, seeking energy boosts during competition.

Based on the observations made, the Uganda Badminton Association has requested you to give support to the team in order to impact their performance in the various international tournaments they take part in.

Task:

Make a detailed write up that can be used to support the badminton players of Uganda.

SECTION B

*Answer only **one** item from this section.*

Item 3

According to the 2020 UNICEF report, 70% of Uganda's population resides in slum areas, where they encounter numerous challenges, including:

- Disruptions in education
- Reductions in daily income and wages
- Domestic violence
- Negative social behavior
- Adverse impacts on family and child care

A health survey conducted by the Ministry of Health revealed the following lifestyle habits among people in these areas:

- Most individuals consumed the same type of food for at least five days a week.
- Many people struggled to express themselves freely, wore the same clothes for at least three days before changing, and had poor personal hygiene, which some referred to as the "Rasta" lifestyle.
- A significant number of people frequented discos during the day and night.
- The incidence of quarrels and fights was alarmingly high.
- School-going children faced various challenges, including:
 - Forgetfulness of what was taught
 - Easily getting angry
 - Frequent headaches
 - Fatigue and low concentration span in class

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.

Item 4

Sports has been proposed as a solution to combat the high unemployment rates in Uganda. The Sports Science Association of Uganda is advocating for the utilization of sports as a means of employment and community development in Uganda. However, the local government views this initiative as selfish and illogical, claiming that sports can only flourish in developed countries, not Uganda. In contrast, the Sports Science Association is urging the media to highlight the benefits of sports, rather than focusing on the conflicts and wrangles portrayed by various sports administrators. Unfortunately, media houses responded that they only publish stories that generate high sales.

Task:

As a physical education student, make a write up in support of the sports science association advocates.