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MKALAMA DISTRICT COUNCIL
FORM ONE TERMINAL EXAMINATION
SPORT STUDIES

TIME 2:00 HOURS **MAY, 2025**

INSTRUCTIONS:

- ☐ **Answer all questions in all sections A, B, and C**
- ☐ Write your answer on every page

SECTION A (15 Marks)

1. Choose the most correct answer and then put its letter into the box provided.

(i) The following are the components of First Aid Kit that are used for treating various injury in sports accept.
A. Warm –up B. Bandage
C. Glove D. Cotton wool ☐

(ii) Which sport studies components referred as an institutionalized competitive physical activity which governed by rules and regulation.
A. Game B. Sport
C. Play D. Exercise ☐

(iii) Is the partial or full displacement of bone
A. Ligament B. Cartilage
C. Dislocation D. Sprain ☐

(iv) The following is the way of preventing injuries during physical activities.
A. Keep the thumb parallel B. Open eyes during works
C. Playing football only D. Remove all jewelry ☐

(v)Suppose you are first aider, which procedures you would follow when conducting a service to a muscle-injured person?
A. Rest, ice compress and Elevate B. Rest, compress and icing
C. Ice, Rest, Compress and elevate D. Ice, Compress, rest and elevate ☐

(vi) Which of the following can help you to have a good health?
A. Take alcohol B. Take regular physical exercise
C. Use Tobacco D. Deeping during sport activity ☐

(vii) Which of the following is the injury to joints.
A. Sprain and Strain B. Dislocation and Strain
C. Sprain and Dislocation D. Ligament and Fracture ☐

(viii) Occurs when blood vessels, such as vein, arteries and Capillaries are ruptured.
A. Break or crash on a bone B. Injury to the joints
C. Greenstick fracture D. Internal Bleeding injury ☐

(ix) The exercise done before main activity referred as.
A. Warming up B. Cooling down
C. Aerobic dance D. Anaerobic dance ☐

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(x) Common injury to the bone includes.
A. Sprain, rupture and Bleeding
B. Open fracture, closed fracture and greenstick fracture
C. Muscle cramp and muscle stiffness
D. Warm up injury and cooling down injury

2. Match the item in **LIST A** with response in **LIST B** from the relationship between sports studies and other disciplines

LIST A	LIST B
i. Both are used in application of law of motion and energy	A. Sport studies and Biology
ii. Both dealing with recording of previous sport events, people and trend to predict the future.	B. Sport studies and Civic education
iii. Both deals with studying and interpreting maps in orienting sports	C. Sport studies and Geography
iv. Both are used in the area of measurement of sport facilities, equipment's and dimension	D. Sport studies and Physics
v. Both are used in the area of anatomy and physiology, nutrition and sport medicine.	E. Sport studies and History
	F. Sport studies and Mathematics
	G. Sport studies and Language

SECTION B: (70 Marks)

3. During basketball game, Kikoti become injured in his left leg by muscle cramp. As an expert of sport, how are you going to give him a First Aid to ensure his safety and well-being by using RICER procedures?
   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____

4. What are the techniques used during playing football.
   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____

5. Mr. Kikoti preferred to exercise his body by joining in an exercise program, which conducted daily. What are the importance of daily exercise to the human being?
   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____

6. Sport studies it have many significance to the society. Mention five importance of studying sports.
   i. _____

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

7. (a) What is bone fracture?
   (b) Mention four symptoms of bone fracture injury.
   i. _____
   ii. _____
   iii. _____
   iv. _____

8. Football is physical demanding sports, and it is important to be safety of all participants. Write down five precaution measures in football.
   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____
9. As an expert mention five importance of first aid to an injured person.
   i. _____
   ii. _____
   iii. _____
   iv. _____
   v. _____

SECTION C (15 Marks)

10. Form one student was unable to mention five equipment used in playing football. You as a sport studies student help him/her to mention.
    i. _____
    ii. _____
    iii. _____
    iv. _____
    v. _____