

SPORTS STUDIES EXAMINATION MARKING SCHEME
MAY, 2025

1.

I	II	III	IV	V	VI	VII	VIII	IX	X
A	B	C	D	A	B	C	D	A	B

2.

LIST A	I	II	III	IV	V
LIST B	D	E	C	F	A

3. Procedures for muscle cramp injury

- i. Rest
- ii. Ice
- iii. Compression
- iv. Elevation
- v. Referral

4. Techniques of football

- i. passing
- ii. Dribbling
- iii. Shooting
- iv. Heading
- v. Tackling

5. Importance of exercise to a human being

- i. Improve cardiovascular health
- ii. Enhance muscular strength
- iii. Helps in weight control
- iv. Reduce risk of getting diseases
- v. boosts mental health and mood

6. Importance of sport studies

- i. Promote physical fitness and health
- ii. Develops teamwork and leadership skill
- iii. Enhance knowledge on injury prevention and first aid
- iv. Provides career opportunities in sport and health sector
- v. Encourage discipline and goal setting

7. (a) **FRACTURE**- is a crack or break of the bone

(b) **Four symptoms of bone fracture injury**

- i. Swelling and bruising to the affected part
- ii. Pain at the injury site
- iii. Inability to move the limb
- iv. Popping sound

8. Precautionary measure in football

- i. Warm up before playing
- ii. Stay hydrated/ drink enough water
- iii. Follow the rules of the game
- iv. Avoid rough playing
- v. wear appropriate sport gears

9. Importance of first aid to an injury person

- i. Reduce pain
- ii. Prevents further harm

- iii. save life
- iv. speeds up the recovery process
- v. It hope to victim

10. Equipment used in playing football

- i. soccer shoes (cleats)
- ii. Jersey
- iii. shin guard
- iv. gloves
- v. cones