THE PRESIDENT'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
KILIMANJARO REGIONAL COMMISSIONER'S OFFICE
FORM ONE JOINT EXAMINATION

FORM ONE FOOTBALL PERFORMANCE
MARKING SCHEME

SECTION A (15 MARKS)

1. **1 mark@**

i	ii	iii	iv	v	vi	vii	viii	ix	x
C	B	A	B	C	B	C	C	A	A

2. 1 mark@

i	ii	iii	iv	v
A	C	D	B	F

SECTION B (70 MARKS)

3. Five (5) equipment's required to use in performing exercises for improving reaction time.
   (i) Reaction ball
   (ii) Rapid – fire netball rebound boards
   (iii) Ball deflection ramp
   (iv) Rapid fire handheld football rebounder
   (v) Juggling/balloon tossing **(2 marks@ = 10)**

4. (i) Agility – is the ability to move quickly and change direction with ease.
(ii) Balance – is the ability to maintain body equilibrium while stationary or moving
(iii) Power – is the ability to transfer energy into force at fast rate of speed.
(iv) Coordination - is the ability to use senses, such as sight and hearing, together with the body parts in performing motor tasks smoothly and accurately.
(v) Reaction time – is the time taken by the body to react after stimulation
(2 marks@ = 10 marks)

5. Five (5) reasons for seeking medical assistance when you are injured in football.
   (i) Injury management
   (ii) Saving lives
   (iii) Preventing long – term complication
   (iv) Protecting athletes

(v) Compliance and regulations
(vi) Continuity of play **(2 marks@ = 10 marks)**

6. Four (4) essential steps and principles you must keep in mind when handling injuries to an injured person.
   (i) Ensure safety
   (ii) Assess the situation
   (iii) Provide comfort
   (iv) Maintain confidentiality **(2.5 marks@ = 10 marks)**

7. Five (5) key components of health – related physical fitness
   (i) Body composition
   (ii) Flexibility **(2 marks@ = 10 marks)**
   (iii) Muscular strength
   (iv) Muscular endurance
   (v) Cardiovascular endurance

8. Four (4) facilities used to perform exercises for improving body composition
   (i) Gym
   (ii) Trails and roads
   (iii) Properly manage and dispose of waste
   (iv) Swimming pool **(2.5 marks@ = 10 marks)**

9. Four (04) exercises to improve flexibility
   (i) Neck stretch
   (ii) Shoulder stretch
   (iii) Triceps stretch
   (iv) Chest opener
   (v) Child's pose (**2.5 marks@ = 10 marks)**

SECTION C (15 MARKS)

10. (a) First aid is the immediate assistance or care provided to a person who has been injured or has suddenly fallen ill before professional medical help where necessary **(5 marks)**

b) First aid kit – is the smallest box that medicines and equipment are kept so as to render first aid service. **(5 marks)**

c) Five (5) components of first aid kit with its uses.
   (i) Bandage – it covers the minor wounds
   (ii) Safety pins – it is used for pinning the bandage
   (iii) Antiseptic wipes or solution – The function is to clean wounds and prevent infection
   (iv) Scissors and tweezers – used for cutting tape, gauze or clothing and removing splinters or

(v) Disposable gloves – used to protect yourself and others when providing first aid **(1 marks@) 5 total marks**