

DURATION: 60 MINUTES

Answer all questions

1. a. Define sports violence (2 marks)

b. Mention **four** ways in which sports violence can be reduced (*8marks*)

2. a. State **four** common sports injuries (2 marks)

b. Mention **four** methods of reducing sports injuries (8 marks)

3. I. With **two** examples each mention the divisions of the mammalian skeleton (**4 marks**)

II. Mention **three** functions of the skeleton (*6 marks*)

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4. Describe the following physical activities (*16 marks*)

a. Sit-Up

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b. Bench Dips

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5. a. List **four** basic skills in each of the following; football and basketball (*8 marks*)

Football	Basketball
1.	1.
2.	2.
3.	3.
4.	4.

b. Define the following sports terminologies (*6 marks*)

I. Dribbling in football

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II. Back courting in basketball

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6. List **ten** equipment needed in playing both basketball and football. (*10 marks*)

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