

MARKING SCHEME

SECTION A: [30 MARKS]

1.

(a) **Benefit (Wanjiku):** Mental/Emotional health (focus and stress management).

(b) **Social Benefit (Otieno):** Social cohesion (or peace-building/community integration).

(c) **Economic Contribution:** Professional sports create employment for athletes and coaches, and international success brings in foreign exchange and tourism.

(d) **Individual Sport:** Athletics (Long-distance running) or Cross Country.

2.

(a) **Definition:** The proportion of fat-free mass (muscles, bones, water) compared to fat mass in the body.

(b) **Method: BMI (Body Mass Index).**

(c) **Distinction: Lean Body Weight** consists of muscles, bones, organs, and water; **Fat Body Weight** consists specifically of adipose (fat) tissue.

(d) **Factor:** Genetics, Age, Sex, or Metabolism.

3.

(a) **Defect X: Lordosis** (Swayback).

(b) **Hunchback Defect: Kyphosis.**

(c) **Impact on Performance:** Poor posture can restrict the expansion of the ribcage, reducing lung capacity and oxygen intake, which leads to early fatigue in endurance events.

(d) **Answer: True.**

4.

(a) **Phases:**

Warm-up.

Body Conditioning (Main workout).

Cool-down.

(b) **Role of Music:** It provides the rhythm/tempo for the movements and increases motivation/enjoyment.

(c) **Improved Equipment:** Wooden crates used as "steppers," or plastic bottles filled with sand used as hand weights.

5.

(a) **Classification: Acute Injury** (Sudden onset).

(b) **Broken Bone: Fracture.**

(c) **Road Strategy:** Wear reflective/bright clothing for visibility and run or cycle against the flow of traffic to see oncoming vehicles.

(d) **First Aider Role:** To provide immediate initial care, stabilize the injured athlete, and prevent the injury from worsening before professional medical help arrives.

6.

(a) **Principle:** Collaboration, Client-centeredness, or Action-oriented approach.

(b) **Elements:** Warm-up, Skill training, Practice drills, Mini-games, and Cool-down.

(c) **Importance of Feedback:** It allows the athlete to understand what they are doing correctly and where they need to improve, ensuring skill mastery and preventing the formation of bad habits.

SECTION B: [50 MARKS]

7.

(a) **Social Dimension:** Promotes teamwork, positive interaction, and communication among participants.

(b) **Mental Wellness:** It acts as a distraction from daily stressors, releases endorphins (feel-good hormones), and improves self-esteem through skill acquisition.

(c) **Poster Message:** "Stay in the Bike Lane," "Always Wear a Helmet," "Signal Before You Turn."

GKH CYCLING EVENT ROAD SAFETY GUIDE



GKH EVENT SAFETY INITIATIVE - CYCLIST RULES

(A) OBSTACLE-FREE ROUTE



TRIP & FALL HAZARD – KEEP PATHS CLEAR
of cables, tools, or debris near technical and medical areas.

(B) DO NOT CROWD / MAINTAIN SPACE



OVERCROWDING RISK – KEEP A SAFE DISTANCE
(e.g., 2 meters) from other cyclists. No overlapping wheels, especially on hills or in crowded groups.

(C) STAY CLEAR OF MOVING VEHICLES & FLAMMABLE AREAS



COLLISION & FIRE RISK – OBSERVE SAFETY BARRIERS
and keep distance from official vehicles and fuel stations. Look for marshals and follow directional arrows.

GKH EVENT SAFETY: A SAFE RIDE IS A GREAT RIDE

(d) **Criteria:** Must involve active engagement, be done during leisure time, and provide fun or relaxation.

8.

(a) **Formations:** X - 2-1-2

Y - 1-3-1

(b) **Comparison:** **Man-to-Man** involves each player guarding a specific opponent; **Zone Defense** involves players guarding specific areas of the court to stop penetration.

(c) **Tactical Skills:** Help in energy conservation, knowing when to "kick" (sprint) at the end, and positioning oneself to avoid being boxed in by other runners.

(d) **Pace-setter:** An athlete who leads the race at a predetermined speed to ensure a fast time for the main contenders.

9.

(a) Distinction: Team Officials (Manager, Coach, Captain) focus on the performance and welfare of their specific team; **Meet/Game Officials** (Referee, Umpire, Judge) focus on enforcing the rules of the game for both sides.

(b) Matching:

Timekeeper → (ii) Starts/ends on time.

Referee/Umpire → (iv) Final decisions on fouls.

Scorer → (i) Record of points.

Match Commissioner → (iii) Inspects field/equipment.

(c) Integrity: The practice of making decisions based strictly on the rules, without bias, favoritism, or outside influence.

(d) Hand Signals: Blow whistle and point to the center circle (Goal/Start); Blow whistle and point to the penalty spot (Penalty).

10.

(a) Physical Attributes: High proportion of fast-twitch muscle fibers, explosive leg strength, and quick reaction time.

(b) Checklist:

Hand-eye coordination.

Height/Reach.

Communication/Leadership skills.

Agility and reflexes.

(c) Analysis: A bamboo javelin is a good improvisation; it is safe if the tip is blunted (e.g., with a rubber cap) and it is used in an open field away from people.

(d) Community Development: Talented athletes act as role models for youth, bring global recognition to their home regions, and often invest their earnings into local businesses, schools, or sports academies.