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KENYATTA UNIVERSITY
EXAMINATION FOR THE DEGREE BACHELOR OF EDUCATION

EDU 110: PHYSICAL AND SPORTS LITERACY

2ND SEMESTER 2025/2026

TIME: 2 HOURS

INSTRUCTIONS:

Answer ALL Questions in ALL Sections

A: CONCEPTS OF PHYSICAL AND SPORTS LITERACY (37MARKS)

1. Define Physical literacy (2marks)
2. As the world embraces active lifestyles for wellbeing, the expectation is on theto take personal responsibility for developing their physical literacy. (1mark)
3. Match the following elements of physical literacy with their components (4 marks)

Element	Components
a) Physical	Knowledge and Understanding
b) Behavioural	Physical Competence
c) Affective	Motivation and Confidence
d) Cognitive	Engagement in Physical Activities for Life

4. What is the primary goal of physical literacy? (1mark)
 - A. Winning Olympic medals
 - B. Making people fit for life
 - C. Learning only one sport
 - D. Reducing food intake

5. Which statement best captures the lifelong aim of physical literacy? **(1mark)**
 - A. To specialize in one sport at an early age
 - B. To maintain physical activity at an individually appropriate level throughout life
 - C. To focus only on competitive success
 - D. To master textbook techniques without application
6. What is a major cause of non-communicable diseases? **(1mark)**
 - A. Healthy diet
 - B. Physical inactivity
 - C. Regular sleep
 - D. Drinking water
7. Which of the following is emphasized by Pill (2010) in defining sports literacy? **(1mark)**
 - ☒ A. Tactical knowledge and decision-making during play
 - B. Exclusive memorization of sport rules
 - C. Avoidance of community engagement in sport
 - D. Limiting participation to familiar circumstances only
8. Stretching before exercise can help prevent injuries. **(1mark)** True/False
9. An individual who is physically literate only needs to have high-level physical competence in one sport, such as being a skilled soccer player, to maintain an active lifestyle throughout their life. True/False **(1mark)**
10. A teacher who uses a game of basketball to help students learn how to resolve conflicts fairly and work as a team is applying the concept of "learning through movement," which is a component of sports literacy. True/False **(1mark)**
11. The cognitive element of physical literacy involves having the confidence and motivation to be physically active, while the affective element involves understanding how and why to move. True/False **(1mark)**
12. Mental fitness is as important as physical fitness. True/False **(1mark)**
13. Sport literacy goes beyond reproducing sport techniques because it also includes understanding sport's role in society and making reasoned decisions about sport concerns. True or False **(1mark)**
14. Physical literacy is limited to physical competence and does not include motivation, confidence, or knowledge. True/False **(1mark)**
15. Sports literacy emphasizes not only skill acquisition but also the ability to make reasoned decisions about sport concerns, including its socio-cultural significance. True/False **(1mark)**
16. Name two benefits of regular physical activity. **(2marks)**
17. Differentiate physical literacy from sports literacy using any three clear points. **(6 marks)**
18. Differentiate between learning in movement and learning through movement in sports literacy, giving one example for each. **(6marks)**

19. Identify the components that support experiences that are broad and balanced for development of Physical Literacy in learners (4marks)

B: HUMAN MOVEMENT AND THE 3 DOMAINS OF LEARNING (18 MARKS)

1. Identify the domain in human movement that equip learners with the rules, tactics and strategies in sports and games (1 mark).
2. The School of Education EDU 110 common unit incorporates ALL the domains of Human Movement for teacher trainees that includes ----- and ----- (3 marks)
3. Label the motion of the ankle in the image below; (1 mark).



4. State the opposite motion of the ankle that you have labelled in the image above. (1 mark)
5. Match the body movement in describing physical activity below: (7 marks)

SN	Body Movement	Description
1	Dorsiflexion	circular movement that combines extension, flexion, abduction and adduction
2	Protraction	movement of the scapula and the mandible upwards
3	Pronation	turning of the foot inwards
4	Elevation	forward (anterior) movement of the body

5	Abduction	movement of the ankle joint reducing the angle between the lower leg and the foot such that the foot is towards the anterior leg <i>✓</i>
6	Inversion	<i>✓</i> position of the forearm is when the palm of the hand is facing backwards
7	Circumduction	lateral movement of arm away from the medial plane <i>✓</i>

6. True or False: The role of psychomotor domain is to develop eye-hand coordination, reflex skills and movement patterns towards participation in physical activities. **(1 mark)**
7. True or False: Kinesiology is the field of study that explains the various mechanics, bones, joints and muscles involved in body movements like swimming, jogging, rope skipping and running. **(1 mark)**
8. In aquatic activities, execution of different drills, speed, control and balance is all attained under Domain of human movement? **(1 mark)**
9. The domain in human movement that helps you to understand the effect of running on your heart rate and brain activity is referred to as **(1 mark)**
10. Stella was playing tennis with her friend, Neylan. Neylan won the game and Stella, out of frustration, threw her tennis racket on the ground. Which domain of human movement did Stella fail to display competence? **(1 mark)**

C: VALUE OF PHYSICALLY ACTIVE LIFESTYLES (15 marks)

1. Which of the following activities is odd one out **(1 mark)**
(A) Skating (B) Cycling (C) Vacuuming (D) Swimming
2. Define exercise **(2 marks)**
3. Differentiate between Endurance activities and Strength activities **(4 marks)**
4. In order to improve cardio respiratory and muscular fitness, bone health and reduce the risk of NDCs and depression, the following are recommended for adults aged 18 to 64 years
Except? **(1 mark)**

(A) Adults aged 18–64 years should do at least 150 minutes of moderate intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous intensity activity.

(B) Aerobic activity should be performed in bouts of at least 10 minutes duration.

(C) Most of daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week

(D) For additional health benefits, adults should increase their moderate intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous intensity activity

5. Describe two social/cultural benefits of physical activity **(2marks)**

6. One of the benefits of physical activity is to the environment. Do you think that physical activity can influence the environment by improving traffic flows and reducing congestion? **(1mark)**

(A) True or (B) False

7. Which among these economic benefits of physical activity is odd one out. **(1mark)**

(A) Small investments in recreation, sports and arts/culture often yield large economic returns

(B) Enhanced liveability in local neighbourhoods' when traffic is reduced

(C) Increased productivity, decreased absenteeism, decreased staff turnover and reduced workplace accidents

(D) Increased economic benefits flow from participation in sport and recreation events and associated tourism.

8. Strength activities create and maintain muscle and keep bones strong. (A) True or (B) False **(1mark)**

9. The World Health Organization (2018) has defined physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure- including activities undertaken while working, playing, carrying out household chores, travelling and engaging in recreational pursuits. (A) True or (B) False **(1mark)**

10. Physical fitness is defined as a physiologic attribute that involves purposeful and repetitive movements that require energy expenditure by the individual. (A) True or (B) False **(1 mark)**

D: FUNCTIONAL USE OF PHYSICAL ACTIVITY AND SPORTS-THEMED LEARNING (24 MARKS)

1. The main purpose of this topic is to help learners understand how physical activity and sports can: **(1 mark)**

A. Replace all school subjects

B. Empower citizenry through innovative sports-themed learning and cross-curricular activities

C. Be restricted to competitive teams only

D. Eliminate the role of teachers in learning

2. Competencies on the functional use of physical activity and sports are reserved for PE teachers and games masters only (True/False) **(1 mark)**.

3. Physical activities and sports can help break down social and cultural barriers. (True/False) **(1 mark)**.

4. State any three valuable human traits that physical activity and sports help to nurture **(3 marks)**

5. According to the topic, integrated physical activity and sports can help society overcome: **(1 mark)**.

A. Recreation

B. Segregation

C. Assessment

D. Specialization

6. Identify any four forms of segregation or discrimination mentioned in the module that physical activity and sports can help reduce **(4 marks)**.

7. Which current example does the module give to show that not all uses of sport in society are for the public good? **(1 mark)**.

A. Community coaching

B. School tournaments

C. Online sports betting

D. Fitness appraisals

8. Sports-themed learning is applicable to only a few subject areas. (True/False). **(1 mark)**.
9. Name any three skills that students develop through physical education which can support sports-themed learning, and briefly state how each skill helps learning in other subjects. **(6 marks)**
10. Outline five ways in which sports-themed learning can support classroom teaching and learning across the curriculum. **(5 marks)**

E. EDUCATIONAL ROLE OF SPORTS IN ANCIENT, TRADITIONAL AND MODERN SOCIETIES. (14 MARKS)

1. In ancient Spartan society, physical education and sports were primarily emphasized for what purpose? **(1 Mark)**
- a) Religious ritual and spiritual development
 - b) General all-around development of the mind and body
 - c) Military preparedness and creating a strong warrior class
 - d) Commercial entertainment and profit
2. Which of the following best describes the role of sports in hunter-gatherer societies? **(1Mark)**
- a) A means of material gain and social stratification
 - b) A tool for teaching survival skills, teamwork, and demonstrating physical prowess
 - c) A form of secular entertainment with no deeper societal value.
 - d) A method for enforcing rigid social hierarchies
3. In ancient Greece, the gymnasium was solely a facility for physical training and had no role in intellectual or educational development. True or False **(1 Mark)**
4. In many African traditional societies, activities like wrestling served the purpose of identifying strong individuals who could be relied upon for community defence. True or False **(1 Mark)**

5. Modern sport tends to be more secular and focused on concepts like equality, rationalization, and commercialization compared to sport in traditional societies.

True or False (1 Mark)

6. Identify two prominent physical activities common in traditional Kenyan communities and explain the specific educational or practical purpose each served. (2 Marks)
7. Explain how modern sport reflects the broader social trends of industrialization, urbanization, and nationalism. (2 Marks)
8. Match the civilization or society in List A with the primary educational or societal role of sports in List B. Write the correct letter next to the corresponding number. (2 Marks)

LIST A	LIST B
Athenian Greeks	
Romans	
African Traditional Societies	
Modern Societies	

List B

- A. Focus on profit, specialization, and rationalized competition.
- B. Valued physical education for general all-around development of mind, body, and spirit.
- C. Prepared for war and used sports to promote a powerful empire.
- D. Used sports and games to teach skills related to hunting, defense, and rites of passage.

9. Modern sport is often used to promote nationalism and can manifest the modern mania for quantification and bureaucratization. True or False **(1 Mark)**
10. Describe two ways in which sports and physical activities in ancient and traditional societies were connected to religious or spiritual life. **(2 Marks)**

F: CHARACTER DEVELOPMENT IN SPORTS (10MARKS)

- 1.Character development in sports includes values like honesty and respect. True or False **(1mark)**
- 2.Cheating in sports is acceptable if it helps the team win. True or False **(1mark)**
- 3.Teamwork is not important in character development. True or False **(1mark)**
- 4.Which value is MOST associated with good character in sports? **(1mark)**
- A. Dishonesty
 - B. Respect
 - C. Anger
 - D. Pride only
- 5.What does discipline in sports involve? **(1mark)**
- A. Ignoring rules
 - B. Regular practice and self-control
 - C. Quitting easily
 - D. Blaming others
- 6.Sportsmanship means: **(1mark)**
- A. Winning by any means
 - B. Respecting opponents and rules
 - C. Avoiding games
 - D. Playing alone
- 7.How do sports help develop teamwork? **(1mark)**
- 8.Give one example of honesty in sports. **(1mark)**
- 9.Why is self-control important in sports? **(1mark)**
- 10.How can a coach promote good character? **(1mark)**

G: PHYSICAL FITNESS AND HEALTH APPRAISALS (24MARKS)

1. What is Physical fitness? (2 Marks)
2. What is the role of body fat in healthy living (2 Marks)
3. State any four methods of determining body fat level (4 Marks)
4. Which of the following is NOT an effect of physical training (1 Mark)
 - A) Increased Muscle fitness
 - B) Increased heart rate
 - C) Increased Muscle elasticity
 - D) Increased Lung elasticity
5. Differentiate between Muscle strength and Muscle Endurance (4 Marks)
6. When taking height measurements, state all the body parts that must touch the wall (4 Marks)
7. Weight measurement is taken to the nearest Kilogram (True or False) (1 Mark)
8. State the test that is often used to test flexibility ? (2 Marks)
9. What is the test used for testing upper body flexibility? (2 Marks)
10. What does the cooper - 12-minute test used for? (2 Marks)

H: PHYSICAL ACTIVITY AND SPORTS AS POTENT MEDIUM FOR LEARNING, TRAINING AND COMMUNITY SERVICE (20MARKS)

1. Which of the following cognitive functions is NOT positively linked to physical activity? (1 Mark)
 - a) Memory
 - b) Attention
 - c) Muscular fitness
 - d) Executive functions
2. Research shows physical activity has the strongest positive effect on: (1 Mark)
 - a) Language subjects
 - b) Mathematical subjects
 - c) History subjects
 - d) Art subjects
3. Which of the following is true about physical activity and schooling? (1 Mark)
 - a) It reduces concentration in class
 - b) It increases absenteeism

- c) It promotes classroom behaviour and participation
 - d) It lowers academic goals
4. According to Nelson Mandela, sport has the power to: **(1 Mark)**
- a) Entertain only
 - b) Divide communities
 - c) Inspire and unite people
 - d) Replace education
5. Which of the following is a key trait developed through sports training? **(1 Mark)**
- a) Casualness in approach
 - b) Fear of losing
 - c) Positive attitude
 - d) Avoidance of stress
6. Sports exercises only the body, not the mind. True or False **(1 Mark)**
7. Sports can shape personality and character. True or False **(1 Mark)**
8. Respect for opponents in sports should overwhelm performance. True or False **(1 Mark)**
9. Physically active pupils are absent from school more frequently than less fit peers. True or False **(1 Mark)**
10. Fear of losing enhances performance in sports. True or False **(1 Mark)**
11. Identify 5 Importance of sports in community service and development **(5marks)**
12. Highlight the effects of sport specific training for long-term athlete development **(5marks)**