



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH
Qualification : COMMUNITY HEALTH LEVEL 5
Unit Code : HE/OS/TT/BC/06/5/A
Unit of Competency : APPLY HUMAN ANATOMY AND PHYSIOLOGY

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE:

- i. *In this assessment, you will be required to answer **ALL THE WRITTEN** questions.*
- ii. *You are allocated **THREE (3) HOURS** to answer all the questions.*
- iii. *This paper consists of **THREE** sections (A, B and C).*
- iv. *Marks for each question are indicated in the brackets.*
- v. *Provide all your candidate personal information, date and signature in the booklet provided.*

*This paper consists of **THREE (3) printed pages**
Candidate should check the question paper to ascertain that all the pages are printed as
indicated.*

SECTION A

CHOOSE THE CORRECT ANSWER

1. Which of the following statement is the largest cell organelle?
 - A. Cell wall
 - B. Nucleus
 - C. Rough Endoplasmic Reticulum
 - D. Smooth endoplasmic reticulum

2. The hormones are secreting by which of the following organ?
 - A. Pancreases
 - B. Liver
 - C. Small intestine
 - D. Gall bladder

3. Which of the following best describes the process whereby the stomach muscles contract to propel food through the digestive tract?
 - A. Absorption
 - B. Emulsion
 - C. Peristalsis
 - D. Regurgitation

4. One common way to organize physiological knowledge is to classify it by?
 - A. Pathophysiology
 - B. Organ system
 - C. Physiology
 - D. None of these

5. Fat digestion occurs in?
 - A. Small intestine
 - B. Stomach
 - C. Duodenum
 - D. Large Intestine

6. The kidneys ability to produce the concentrate urine depends on?
 - A. Counter current mechanism

- B. Diffusion
 - C. Active transport
 - D. Active transport
7. Which of the following terms describes the body's ability to maintain its normal state?
- A. Anabolism
 - B. Catabolism
 - C. Tolerance
 - D. Homeostasis
8. Fertilization of an ovum by a spermatozoon occurs in which of the following structures?
- A. Cervix
 - B. Fallopian tube
 - C. Ovary
 - D. Uterus
9. Bones are part of the?
- A. Muscular system
 - B. Skeletal system
 - C. Nervous system
 - D. Heart
10. Which of the following best describes the structure that collects urine in the body?
- A. Bladder
 - B. Kidney
 - C. Ureter
 - D. Urethra
11. The basic unit of life in the human body is the ?
- A. Organ
 - B. Tissue
 - C. Cell
 - D. System
11. The stomach is part of the?
- A. Respiratory system
 - B. Digestive system
 - C. Circulatory system

- D. Nervous system
12. The outermost layer of the skin is the?
- A. Dermis
 - B. Epidermis
 - C. Hypodermis
 - D. Fascia
13. Which bone forms the skull base?
- A. Sphenoid bone
 - B. Frontal bone
 - C. Occipital bone
 - D. Parietal bone
14. 3. Which type of muscle is responsible for voluntary movement?
- A. Smooth muscle
 - B. Cardiac muscle
 - C. Skeletal muscle
 - D. All of the above
15. The brain stem connects the?
- A. Brain to the spinal cord
 - B. Cerebrum to the cerebellum
 - C. Thalamus to the hypothalamus
 - D. Pituitary gland to the thyroid gland
16. How many bones does an adult human skeleton have?
- A. 204
 - B. 207
 - C. 209
 - D. 206
17. Which hormone regulates blood sugar levels?
- A. Insulin
 - B. Thyroid hormone
 - C. Testosterone
 - D. Estrogen

18. The main function of the respiratory system is to ?
- A. Transport nutrients throughout the body
 - B. Remove waste products from the body
 - C. Take in oxygen and release carbon dioxide
 - D. Produce antibodies to fight infection
19. 7. The muscular system is responsible for ?
- A. Sensory perception
 - B. Maintaining body temperature
 - C. Movement and posture
 - D. Producing hormones
20. The life span of a red blood cell is?
- A. 30 days
 - B. 120 days
 - C. 100 days
 - D. 50 days

SECTION B: ANSWER ALL QUESTIONS (40 MARKS)

21. Define the following terms (2Marks)
- a) Anatomy
 - b) Physiology
22. Identify **FOUR** phases of menstruation cycle. (4 Marks)
23. Outline **THREE** protective functions of the integumentary system (3 Marks)
24. Name **TWO** relevance of human anatomy and physiology in primary healthcare practice. (2 Marks)
25. Highlight **THREE** main physiological processes that take place in human cell (3 Marks)
26. State **TWO** major divisions of the central nervous system (2 Marks)
27. Name **FOUR** main endocrine glands and their anatomical locations (4 Marks)
28. State **THREE** diseases that affect the respiratory system (3marks)
29. Identify **THREE** common causes of bone fractures. (3 Marks)
30. Outline **FOUR** digestive enzymes (4 Marks)
31. Identify **THREE** layers of the uterus (3 Marks)

32. Highlight **TWO** hormones produced by the pancreas (2 Marks)
33. With an aid of a well labelled diagram illustrate the structure of the respiratory system (5 Marks)

SECTION B: 60 MARKS

Answer any THREE questions in this section by writing down your responses in the spaces provided.

34. Cold temperatures and low humidity levels result in dry air that draws moisture away from the skin. Harsh winter winds and dry indoor heat can make the problem worse and lead to cracked and even bleeding skin Explain **FIVE** main primary functions of human skin that help maintain its homeostasis (20Marks)
35. Habib, a grade four pupil at Kinangop Primary school, took ugali and beef for lunch.
- Describe the process of digestion of Ugali (10marks)
 - With an aid of a well-labeled diagram illustrate the structure of the human digestive system. (10marks)
36. The human skeleton is the internal framework of the body, and it is composed of 270 bones, but eventually decreases to around 206 bones by adulthood after some get fused.
- Regarding the above statement explain the Two major subdivisions of the human skeleton (4marks)
 - Describe Four (4) types of bones (4marks)
 - Describe two bone diseases (4marks)
 - Explain four types of body movements (8marks)
37. Discuss **Ten (10)** adaptations of the heart to its function (20marks)

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