



## AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH  
Qualification : Community Health Level 5  
Unit Code : HE/OS/CH/CC/03/5/A  
Unit of Competency : Apply Human Anatomy and Physiology

### WRITTEN ASSESSMENT

**Time: 3 hours**

#### INSTRUCTIONS TO CANDIDATES

1. This paper has two sections A and B
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do not write on the question paper

*This paper consists of FOUR (4) printed pages. Candidates should check the question paper to ascertain that all the pages are printed as indicated*

**SECTION A: (40MARKS)**

*Answer ALL the questions in this section*

1. Differentiate between Human anatomy and physiology. (4 marks)
2. Groups of cells performing a similar function are referred to tissues. Outline **FOUR** types of human tissues. (4 marks)
3. Skin is a very vital organ in the body and it is of high significance to our survival. Enumerate **FOUR** accessory organs of the integumentary system. (4 marks)
4. Nerves are like cables that carry electrical impulses between your brain the rest of your body. Name the **THREE** types of nerves. (3 marks)
5. The Lymphatic System is a network of delicate tubes throughout the body. Name **TWO** common parasitic disorders of the lymphatic system (4 marks)
6. The objective of a referral system is to improve the client's access to services, reduce the time it takes for them to acquire care and avoid unnecessary delays. State **FOUR** (4) elements of comprehensive care (4 marks)
7. State four common diseases and disorders of the respiratory system (4 marks)
8. Autoimmunity is characterized by the reaction of cells or products of the immune system against the organism's own antigens. Identify **FOUR** emerging issues associated with Auto-immune diseases (4 marks)
9. The musculoskeletal system consists of the bones of the skeleton, their joints and the skeletal muscles that move the body. State **FOUR** functions of human skeletal system. (4 marks)
10. Healthy diet and physical exercise promote healthy blood vessels reducing the risk of cardiovascular diseases. Enumerate **FOUR** components of blood in the human circulatory system. (4 marks)

**SECTION B: (60 MARKS)**

*Answer any THREE questions in this section.*

11. As an Assistant Community Health Officer in Moshi community. You are given a chance to conduct health promotion on food digestion and its relation to anatomy and physiology.
- Describe the **TWO** divisions of the digestive system. (6 Marks)
  - Explain any **THREE** roles played by the digestive system. (6 Marks)
  - Identify any **FOUR** disorders related to the digestive system. (8 Marks)
12. Case Study: Cardiovascular Health and Hypertension
- Maria, a 45-year-old woman, visits her primary care physician complaining of headaches and occasional dizziness. Upon examination, her blood pressure readings consistently show values above 140/90 mmHg. Using your knowledge of human anatomy and physiology, address the following:
- Explain how changes in blood vessel diameter and elasticity can contribute to hypertension. (4 marks)
  - Explain the potential effects of chronic hypertension on Maria's cardiovascular health, as well as its impact on other organ systems such as the kidneys, eyes, and brain. (6 marks)
  - Discuss any 5 lifestyle modifications and pharmacological interventions that Maria's physician might consider to manage her hypertension effectively. (10 marks)
13. The Uterine cycle, also called the menstrual cycle relates to changes occurring in the endometrium of the uterus that are induced by female sex hormones.
- Identify **TWO** main functions of the female reproductive system (4 Marks)
  - Describe **THREE** phases of menstrual cycle. (6 marks)
  - Describe **FOUR** common diseases and disorders of the reproductive system (10 marks)
14. The human urinary system comprises of the kidney, ureters, bladder and the urethra.
- Illustrate the structure of the nephron. (12 marks)
  - Describe **FOUR** functions of the urinary system. (8 marks)