



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH
Qualification : Community Health Level 6
Unit Code : HE/OS/CH/CC/04/6/A
Unit of Competency : Apply Human Anatomy and Physiology

WRITTEN ASSESSMENT

Time: 3 hours

INSTRUCTIONS TO CANDIDATES

*This paper consists of **TWO** sections: A and B.*

Answer questions as per instructions in each section.

Maximum marks for each question are indicated in brackets ().

You are provided with a separate answer booklet.

*This paper consists of **FOUR (4)** printed pages.*

SECTION A: (40MARKS)

Answer ALL the questions in this section

1. The skin is a very vital organ in the body and has a high significance to our immunity. Outline FIVE functions of the skin. (5 marks)
2. Chewing is part of mechanical digestion that takes place in the mouth. Highlight FOUR importance of it. (4 marks)
3. The lymphatic system is closely interrelated with circulatory disease. Identify FOUR functions of the lymphatic system. (4 marks)
4. The communities we currently live in are faced with a rising burden of non-communicable diseases. Giving examples, state FOUR differences between communicable and non-communicable diseases. (4 marks)
5. Pap smears are a common test in screening for cervical cancer as an application of histology. List THREE examples of commonly used histology stains. (3 marks)
6. Patients with Asthma and COPD often present with similar complaints. Distinguish between obstructive and restrictive lung disease. (4 marks)
7. Mr. Theuri visits your community health office after his father suffered a heart attack due to atherosclerosis. Outline FOUR differences between arteries and veins. (4 marks)
8. You have recently been posted to Garissa County as the lead community health engagement officer and have been tasked to give a talk on common renal disorders particularly kidney stones. Identify FOUR risk factors associated with urolithiasis. (4 marks)
9. Your 13 year old niece comes home sad that her male classmates teased and made fun of her for staining her dress while on her menses. She wants to understand the cycle of the menstrual cycle more. Highlight FOUR phases of the menstrual cycle and the hormones involved. (4 marks)
10. The cell is the basic unit of a living organism. Draw a well labelled diagram of the cell and its organelles. (4 marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section

11. Hormones are chemical substances produced by various endocrine and exocrine glands and are essential for life.
- Identify four hormones produced by the pituitary glands. Indicate the function of each hormone. (8 marks)
 - Identify hormones produced by the endocrine pancreas. Explain how insulin regulates blood sugar. (6 marks)
 - Describe three role of endocrine system in the maintenance of homeostasis. (6 marks)
12. You are invited by your local church to give a talk on cardiovascular health due to the rising burden of hypertension and other heart related conditions.
- Draw a well labelled diagram of the heart. (6 marks)
 - Describe the flow of blood through the heart and how gaseous exchange occurs in the lungs. (6 marks)
 - Explain FOUR factors affecting cardiovascular health and 4 measures of promoting cardiovascular health. (8 marks)
13. The human nervous system is a highly intricate network responsible for coordinating and regulating bodily functions. Considering the complexity of its structure and function:
- Describe TWO main divisions of the nervous system. (4 marks)
 - Explain THREE types of the neurons. (6 marks)
 - Highlight FOUR differences between the sympathetic and parasympathetic system. (4 marks)
 - What are neurotransmitters? Give TWO examples and explain how they work. (6 marks)

14. The human body, like a highly advanced and well-coordinated machine, is structured in a hierarchical manner, where each level of organization builds upon the previous one to form a fully functioning organism.
- a. Using the urinary system, describe the level of organization of the human body from its simplest form. (5 marks)
 - b. Groups of cells performing a similar function are referred to tissues. Outline FOUR types of human tissues. (4 marks)
 - c. Draw a well labelled of the nephron. (11 marks)

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