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**ITEM 1**

In a neighboring community children are playing in or around abandoned buildings or construction sites with hard surfaces like concrete. They are always seen evening after school playing various games.

* One of the players was pushed, fell, and the skin became scratched, white, swollen, painful, with little traces of blood
* One of the children was seen seated down in the middle of the playground; when friends ran to him they noticed stiffness and reduced flexibility in the muscle, acute pain in the affected muscle which lasted for several minutes and the child found it difficult moving the affected muscle.

The area chairman is looking for a knowledgeable person that can help address the above community children and has approached your school which is within the community.

**Task:** As a Physical Education student, make a write up that you can use for a community outreach program to help the children

**ITEM 2**

A large multinational company, has expressed concerns about their sedentary lifestyles and the negative impact it's having on their health. Many employees are seen to always feed on baked foods like donuts, cookies, and cakes and soda, other packed soft drinks and sweetened coffee drinks and spend long hours seated at their desks, leading to issues such as back pain, poor posture, and sometimes swollen legs. Recognizing the importance of employee health and productivity, the company's management has decided to introduce ball games at least once every end of the month to promote physical activity and overall wellness among its staff. After a month, the following observations have been made;

* Shortness of breath after minimal physical activity, such as climbing a few stairs or walking short distances.
* Struggling to lift or carry moderately heavy boxes of files or office supplies
* Inability to repeatedly type work on a computer or using a mouse, or carry items like reams of paper, office equipment, or packages for extended periods
* Difficulty reaching for office files, bending to access files and documents in lower drawers/shelves which are common movements in office settings.

This behavior has worried the Human Resource officer of the Corporation and is looking for someone that can help address this issue.

**Task:** How can the issues of the employees of the above corporation be addressed?

**SECTION B (attempt only one item)**

**ITEM 3**

In one district, there are a number of groups that need to be catered for when designing a particular sports program. However, some of these are given limited access to the various sports and facilities based on various reasons. If this is maintained, it will affect the talent base of the district as well as Uganda at large, hence the need for its address urgently.

**Task:** Devise means on how would address this for everyone to feel comfortable in the community.

**ITEM 4**

In Mukono district, there are a number of special interest groups that need to be catered for when designing a particular sports program. However, some of these are given limited access to the various sports and facilities based on various reasons. If this is maintained, it will affect the talent base of Mukono district as well as Uganda at large, hence the need for its address urgently.

**Task:** Devise means on how would address this for everyone to feel comfortable in the community.