



Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

1. What is the primary objective of a goalkeeper in a football match?

- A. Defend the goal
- B. Be the captain
- C. Be the referee
- D. Score goals

2. Which of the following is an essential component of sports?

- A. Literature
- B. History
- C. Cooking
- D. Strength

3. What impact does rhythm have on physical exercises such as aerobics?

- A. Creating a tempo for movements
- B. Ensuring proper hydration
- C. Setting the exercise duration
- D. Choosing the workout outfit

4. Which of the following is a component of creative arts and sports?

- A. Chemistry
- B. Photography
- C. Gardening
- D. Swimming

5. What role do teamwork and cooperation play in athletic endeavors?

- A. Enhance performance
- B. Waste time
- C. Create more conflicts
- D. Reduce productivity

6. What are the components of creative arts and sports?

- A. Music and drama
- B. Science and mathematics
- C. Soccer and basketball
- D. Painting and dancing

7. Which instrument is commonly used in Gypsy jazz music?

- A. Balalaika
- B. Gypsy Guitar
- C. Clarinet
- D. Bagpipes

8. How can symbolism enhance the storytelling experience?

- A. To create confusion and misinterpretation
- B. To distract from the main plot
- C. To convey deeper meanings and themes
- D. To oversimplify complex concepts

9. Which of the following is an essential component of sports?

- A. Psychology
- B. Music
- C. Cooking
- D. Teamwork

10. What is the term used for an illegal play in handball?

- A. Violation
- B. Misconduct
- C. Infraction
- D. Foul

11. What should be the approach towards competition in creative arts and sports?

- A. To ignore competitors and focus solely on oneself
- B. To engage in unfair practices to win at all costs
- C. To sabotage others for personal gain
- D. To learn from competitors and strive for personal improvement

12. In what year was handball first included in the Olympic Games?

- A. 1936
- B. 1972
- C. 1900
- D. 1896

13. Which of the following is a component of sports?

- A. Languages
- B. History
- C. Sculpture
- D. Swimming

14. Which of the following is a common theme in Kenyan folk songs related to nature?

- A. Space exploration
- B. Wildlife conservation
- C. Industrialization
- D. City life

15. Which term refers to the momentary highness or lowness of a sound?

- A. Tempo
- B. Harmony
- C. Beat
- D. Pitch

16. What is the significance of a well-developed conclusion in a story?

- A. To introduce new conflicts and unresolved issues
- B. To leave the audience unsatisfied and disappointed
- C. To provide closure and emotional impact
- D. To confuse the audience with ambiguous endings

17. Why is proper nutrition important for athletes?

- A. To feel lazy
- B. To gain weight
- C. To decrease energy levels
- D. To improve performance

18. What is the purpose of the goalkeeper in handball?

- A. Interfere with opponents
- B. Defend the goal
- C. Score goals
- D. Dribble the ball

19. What is a common component that both creative arts and sports share?

- A. Teamwork
- B. Anatomy
- C. Cycling
- D. Algebra

20. Why is it important to engage the audience's senses in storytelling?

- A. To create a passive viewing experience
- B. To limit the audience's imagination
- C. To make the story more immersive and vivid
- D. To alienate the audience emotionally

21. Which instrument is often featured in Western solo trumpet performances?

- A. Trumpet
- B. Piccolo
- C. Steel Pan
- D. Trombone

22. What type of musical rhythm is often used in Kenyan folk songs?

- A. Reggae
- B. Heavy metal
- C. Traditional African beats
- D. Jazz

23. What is the term for the overall harmonious quality of a sound in a melody?

- A. Texture
- B. Dynamics
- C. Timbre
- D. Harmony

24. What should athletes focus on to improve their performance?

- A. Getting enough sleep
- B. Eating junk food regularly
- C. Avoiding hydration
- D. Exercising only once a week

25. What is an example of a creative arts activity that involves improvisation, collaboration, and expression?

- A. Cartography
- B. Theater
- C. Neurology
- D. Oceanography

26. Which of the following is NOT a common tactic used in handball?

- A. Full-court press
- B. Man-to-man marking
- C. Zone defense
- D. Fast break

27. Which of the following is a common theme in Kenyan folk songs?

- A. Spaceships and aliens
- B. Superheroes
- C. Love and relationships
- D. Time travel adventures

28. What is the objective of handball?

- A. To kick the ball into the goal
- B. To score goals by throwing the ball into the opponent's net
- C. To hit the ball with a bat
- D. To hit the ball with a racket

29. What is the purpose of setting athletic goals?

- A. To have an aim to work towards
- B. To discourage personal growth
- C. To compare with others
- D. To increase injuries

30. Why is proper warm-up crucial before engaging in athletics?

- A. To increase the risk of injuries
- B. To skip the main activity
- C. To reduce flexibility
- D. To prepare the body for exercise

31. In what ways can creative arts and sports positively impact mental health?

- A. Increase stress and anxiety, Decrease social interactions, Decrease self-esteem, Decrease
- B. Decrease physical activity, Decrease emotional well-being, Decrease focus and
- C. Increase negative thoughts, Decrease problem-solving skills, Decrease motivation,
- D. Increase confidence, Improve mood, Reduce stress, Enhance cognitive functions

32. How is a handball game typically started or restarted?

- A. Throw-in
- B. Throw-off
- C. Kickoff
- D. Jump ball

33. What role does creativity play in storytelling?

- A. It confuses the audience
- B. It hinders the storytelling process
- C. It limits imagination
- D. It enhances the story

34. What is the term for using the chest to control the ball in football?

- A. Head trap
- B. Foot trap
- C. Chest trap
- D. Shoulder trap

35. Why is it important to have a strong foundation in creative arts and sports?

- A. To impress friends
- B. For personal growth and development
- C. For academic excellence
- D. To become a professional athlete

36. Which tournament is considered the most prestigious in football?

- A. AFCON
- B. Copa America
- C. FIFA World Cup
- D. UEFA Champions League

37. How does foreshadowing contribute to the storytelling process?

- A. To create surprise and confusion
- B. To confuse the audience with irrelevant hints
- C. To build anticipation and tension
- D. To spoil the ending for the audience

38. Which player is known for providing last-ditch defense and blocking shots in football?

- A. Defender
- B. Striker
- C. Goalkeeper
- D. Midfielder

39. Which player typically stays in front of the goalkeeper to score goals?

- A. Midfielder
- B. Striker
- C. Winger
- D. Defender

40. Which of the following involves the simultaneous sounding of two or more notes in a melody to create a richer sound?

- A. Polyphony
- B. Melody
- C. Monophony
- D. Texture

41. What is the significance of analysis in creative arts and sports?

- A. It is irrelevant
- B. It helps in understanding techniques and strategies
- C. It confuses the artists and athletes
- D. It hinders creativity

42. What traditional Kenyan instrument is often featured in folk songs to create a melodic accompaniment?

- A. Orutu
- B. Accordion
- C. Flute
- D. Trumpet

43. Which of the following is a popular Kenyan folk song?

- A. Despacito
- B. Shape of You
- C. Gangnam Style
- D. Jambo Bwana

44. What is the correct definition for rhythm in composing music?

- A. A type of painting
- B. A pattern of sound and silence
- C. A type of dance
- D. A type of instrument

45. Which of the following statements is true about composing a melody?

- A. Making the melody complex will make it easier to perform
- B. Repetition of certain musical phrases can make a melody memorable
- C. There are no rules, just play whatever sounds good
- D. You should always start with the highest notes first

46. Which player is allowed to use their hands during gameplay in football?

- A. Goalkeepers
- B. Forwards
- C. Midfielders
- D. Defenders

47. What is the term for a one-on-one situation between a striker and the goalkeeper in football?

- A. Showdown
- B. Faceoff
- C. Dribble
- D. Tackle

48. What is the duration of a standard football match, excluding injury time?

- A. 80 minutes
- B. 70 minutes
- C. 60 minutes
- D. 90 minutes

49. What is an example of a creative arts activity that can also provide physical exercise?

- A. Meteorology
- B. Philosophy
- C. Accounting
- D. Ballet

50. Why is it important to analyze performances in sports?

- A. To ignore their efforts
- B. To criticize unfairly
- C. To appreciate the hard work and skills displayed
- D. To discourage athletes

