

Student's Name:.....

Signature.....

Random No.						Personal No.		

**BIOLOGY**  
**PAPER 1**  
**(Theory)**  
**SET THREE**  
**2 Hours 30 minutes**



**Uganda Advanced Certificate of Education**

**BIOLOGY**

**Paper 1**

**(Theory)**

**2 HOURS 30 Minutes**

**INSTRUCTIONS TO CANDIDATES:**

*This paper consists of **two** sections: **A** and **B**. It has **four** examination items.*

*Section **A** has **Two Compulsory** items.*

*Section **B** has **two ITEMS**: Answer **one ITEM**.*

*Answers to section **A must** be written in the spaces provided while answers to **Section B** must be written in the answer booklet(s) provided.*

*Answer **three** items in all.*

*Any additional item(s) answered will **not** be scored.*





(b) Suggest strategies that could help improve the yield of beans in Gulu based on the physiological and anatomical characteristics of the plants.

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**SECTION B**

**Attempt one item from this section**

**ITEM THREE**

During the National Cross-Country Marathon held in Kapchorwa (2,200 m above sea level), four athletes Joel, Brian, Lydia, and Mary competed in a 15 km race. Before the event, the weather was cold and dry.

After the race, medical officers recorded the following data:

Athlete	Heart rate after race (beats/min)	Blood O <sub>2</sub> saturation (%)	Sweat volume (mL/min)	Core body temp (°C)	White blood cell count (×10 <sup>9</sup> /L)
Joel	110	90	2.5	37.5	8.0
Brian	155	82	5.5	39.8	10.5
Lydia	135	86	1.8	38.2	7.0
Mary	120	89	2.0	37.6	8.5

Only Brian reported dizziness and muscle cramps after the race.

Adapted: *“Effects of Altitude on Cardiovascular and Thermoregulatory Responses in Athletes.” African Journal of Human Biology, 2023.*

TASK:

(a) Using the data, explain the physiological reasons for the observed differences in body temperature, heart rate, and oxygen saturation.

(b) Suggest strategies that could help Brian recover and maintain homeostasis after intense exercise at high altitude.

#### ITEM FOUR

During the *National Mountain Marathon* held in Kapchorwa (altitude 2,200 m), three athletes Peter, Sarah, and James showed different endurance abilities.

All trained for three months under distinct environmental conditions before the event:

- Peter trained at sea level (Entebbe).
- Sarah trained in Kapchorwa.
- James trained in Mbarara (1,400 m) but recently recovered from mild carbon monoxide exposure after sleeping near a charcoal stove.

Before and after the race, physiological data were recorded:

Parameter	Peter	Sarah	James
Resting heart rate (beats/min)	68	60	72
Heart rate after race	160	120	185
Blood O <sub>2</sub> saturation (%)	98	93	82
Blood CO <sub>2</sub> concentration (%)	3.5	4.2	5.8
Haemoglobin level (g/dL)	14.5	17.2	13.0
Recovery time to normal breathing (min)	10	3	18

Sarah completed the race first, followed by Peter, while James collapsed and required oxygen therapy.

Task:

- (a) Explain the physiological reasons for the different performances among the three athletes.
- (b) Suggest strategies that could help James improve his performance and recovery.

TAP THE LINK BELOW FOR THE SCORING GUIDE

<https://www.youtube.com/watch?v=OCCXhYZX7eU&t=3s>

**END**