

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DIPLOMA IN EDUCATION PRIMARY
OPTION**

PECI 0225: HEALTH AND PHYSICAL EDUCATION

STREAMS: DIP. (PRIMARY OPTION)

TIME: 2 HOURS

DAY/DATE: MONDAY 29/03/2021

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Answer question ONE and any other TWO questions.**
- **Do not write on the question paper.**

1. (a) State the objectives of health education. (5 marks)
 - (b) Explain the dimensions of health in relation to the wellbeing of learners. (10 marks)
 - (c) Briefly discuss the five benefits that children derive from participating in physical exercises. (15 marks)
 2. Describe the classification of diseases based on causal agents. (20 marks)
 3. Discuss five benefits of family planning. (20 marks)
 4. Describe the forms of hygiene and explain their implication on the health and wellbeing of children of schools going age. (20 marks)
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