

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EMBU CAMPUS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
(PRIMARY OPTION)**

PECI 312: HEALTH AND PHYSICAL EDUCATION

STREAMS: B.ED (PRIMARY OPTION) (PART TIME)

TIME: 2 HOURS

DAY/DATE: MONDAY 29/03/2021

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

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

- (a) Briefly explain FIVE reason why health education is important. (10 marks)
 - (b) Describe FIVE benefits of exercise to the health and wellbeing of children. (10 marks)
 - (c) State FIVE common illnesses among school going children and their treatment. (10 marks)
 - (a) Explain the benefits of family planning. (10 marks)
 - (b) Discuss the effect of human factors on the environment and human health. (10 marks)
 - Citing TWO examples in each case, describe FIVE types of human diseases based on causal agent and state how they can be managed. (20 marks)
 - Hygiene refers to the set of practices associated with preservation of health and healthy living. Briefly discuss the different types sanitations whose consideration would ensure the health and safety of children. (20 marks)
-

