

UNIVERSITY EXAMINATIONS

CHUKA



UNIVERSITY

RESIT/SPECIAL EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
(ARTS /SCIENCE)**

EDCI 201: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED(ARTS,SCI)

TIME: 2 HOURS

DAY/DATE: TUESDAY 02/02/2021

2.30 P.M – 4.30 P.M

INSTRUCTIONS:

Answer ALL the questions in this paper

Do not write on the question paper

1. a) Describe the five dimensions of health. [10marks]
b) Describe five main modes of disease transmission giving an example of a disease transmitted through each mode [10marks]
2. a) Describe the dangers of smoking [10marks]
b) Discuss five classes of human diseases based on casual agents and give an example of each. [10marks]
3. a) Describe five non- specific immunity in human beings. [10marks]
b) Explain the major causes of high population growth rates in developing countries

[10marks]

4. Discuss specific ways in which transmission of communicable diseases can be controlled by interrupting the route of transmission [20mark]

 5. a) Discuss five components of sports related fitness. [10marks]

 - b) Explain the psychological and sociological benefits derived from participation in physical activity exercises [10marks]
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