

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION

EDCI 201/212: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED (PART TIME)

TIME: 2 HOURS

DAY/DATE: TUESDAY 04/12/2018

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- **Answer question ONE (compulsory) and any other three.**

- (a) Describe four classes of human diseases based on causal agents. (8 marks)
 - (b) Distinguish between the following terms. (8 marks)
 - (i) Muscular strength and muscular endurance.
 - (ii) Primary host and secondary host.
 - (iii) Mental health and social health.
 - (iv) Conception and fertilization.
 - (c)
 - (i) Discuss measures that can be undertaken to interrupt the route of transmission in the control of communicable diseases. (6 marks)
 - (ii) Explain aspects of proper management of communicable diseases. (3 marks)
- (a) Describe the classification of drugs based on their effect on the central nervous system (CNS) and related change in behaviour. (9 marks)
 - (b) Explain the effects of nicotine on the cardiovascular system. (6 marks)

3. (a) Explain how non-communicable diseases arise. (4 marks)
- (b) State the causative agents of the following human diseases. (5 marks)
- (i) Trichomoniasis
 - (ii) AIDS
 - (iii) Trypanosomiasis
 - (iv) Amoebic dysentery
 - (v) Tetanus
- (c) State two control measures of the following diseases. (6 marks)
- (i) Measles
 - (ii) Typhoid
 - (iii) Anthrax
4. (a) Describe four components of sports related fitness. (10 marks)
- (b) Highlight the importance of muscle strength and endurance. (5 marks)
5. (a) Describe four human factors influencing health. (12 marks)
- (b) Explain the effect of three abiotic components on health. (3 marks)
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