

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION

EDCI 201: HEALTH AND PHYSICAL

STREAMS: BED

TIME: 2 HOURS

DAY/DATE: TUESDAY 04/12/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Answer question one (compulsory) and any other three questions.**
- **Do not write on the question paper.**

1. (a) State the causative agent of the following human diseases. (5 marks)
 - (i) Amoebic Dysentery
 - (ii) Dermatomycosis
 - (iii) Schistosomiasis
 - (iv) Tuberculosis
 - (v) Tetanus
- (b) Distinguish between the following terms. (8 marks)
 - (i) Zoonotic and contagious diseases
 - (ii) Controlled substances and illegal drugs
 - (iii) Primary host and secondary host
 - (iv) Aerobic fitness and anaerobic fitness
- (c) Describe six characteristics/symptoms of drug abusers. (6 marks)
- (d) Explain how human factors influence the environment and hence human health. (6 marks)
2. (a) Describe five principles of an exercise program design. (10 marks)

- (b) Explain five psychological and sociological benefits derived from participating in physical activities. (5 marks)
3. (a) Describe four types of acquired immunity in man. (8 marks)
- (b) Explain five ways in which non-specific immunity is mediated in man. (5 marks)
- (c) Explain how non-communicable diseases arise. (3 marks)
4. (a) Discuss the dangers of drug abuse among school going children. (10 marks)
- (b) Explain the effects of nicotine on the respiratory system. (5 marks)
5. (a) Explain the effect of the biotic environment on human health. (8 marks)
- (b) Describe how bilharzia is transmitted. (4 marks)
- (c) Outline the causative agents of environmental diseases. (3 marks)
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