

**CHUKA**



**UNIVERSITY**

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**UNIVERSITY EXAMINATIONS**

**CHUKA/ THARAKA & EMBU**

**EXAMINATION FOR THE AWARD OF DEGREE OF  
BACHELOR OF EDUCATION ARTS**

**EDCI 201: HEALTH AND PHYSICAL EDUCATION**

**STREAMS: BED (ARTS) P/T**

**TIME: 2 HOURS**

**DAY/DATE: FRIDAY 09/08/2019**

**11.30 AM – 4.30 PM**

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**INSTRUCTIONS:**

- **Answer Question One and any other Two**
- **Do not write on the question paper**

1. (a) Discuss how the following factors influence human health.
  - (i) School environment [5 marks]
  - (ii) Home environment [5 marks]
  - (iii) Sanitation [5 marks]
  - (iv) Pollution [5 marks]
- (b) Explain five effects of physical activity in a human body. [10 marks]
2. Describe five methods used in family planning. [20 marks]
3. (a) Highlight five causes of drug abuse among learners. [10 marks]
- (b) Explain five benefits of physical education in learning institutions. [10 marks]
4. (a) Examine five challenges faced in the implementation of physical education in Kenya learning institutions. [10 marks]

- (b) Discuss five major components of physical fitness that learners benefit of during physical activity. [10 marks]
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