

**CHUKA**



**UNIVERSITY**

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**UNIVERSITY EXAMINATIONS**

**THARAKA UNIVERSITY COLLEGE**

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

**EDCI 201: PHYSICAL AND HEALTH EDUCATION**

**STREAMS: BED (ARTS)**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 05/08/2019**

**2.30 PM – 4.30 PM**

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**INSTRUCTIONS:**

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

1. (a) Explain the following terms in relation to Physical and Health education. [8 marks]

- (i) Etiology
- (ii) Epidemiology
- (iii) Vector
- (iv) Disease

(b) Highlight how the following factors influence environmental and human health.

(i) Industrialization [2 marks]

(ii) Growth and energy needs [2 marks]

(c) Discuss how spread HIV&AIDs can be mitigated in secondary schools. [8 marks]

(d) Discuss the sport related aspects of fitness directed towards of motor skills. [5 marks]

- (e) State the major risks related to health due to obesity. [5 marks]
2. (a) You have been newly appointed in a school in remote rural areas. As a teacher, discuss how pupils may be tempted to drug abuse and addiction. [15 marks]
- (b) Identify remedies against drug abuse among the primary school pupils. [5 marks]
3. (a) Elaborate on the procedures for exercise work out. [6 marks]
- (b) State the characteristics of communicable diseases. [4 marks]
- (c) Explain negative effects of using family planning pills by students. [10 marks]
4. (a) Elaborate on four main ways of classifying diseases by mode of transmission. [16 marks]
- (b) Elaborate on psychological and sociological benefits of exercises and sports. [4 marks]
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