

CHUKA



UNIVERSITY

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**UNIVERSITY EXAMINATIONS**

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

**EDCI 201: HEALTH AND PHYSICAL EDUCATION**

**STREAMS: BED(SCLARTS)**

**TIME: 2 HOURS**

**DAY/DATE: WEDNESDAY 4/12/2019**

**11.30 A.M – 1.30 P.M**

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**INSTRUCTIONS**

**Answer question one and any other two questions**

**Do not write on the question paper**

1. (a) State seven effects of excessive alcohol in the human body. [7 marks]
- (b) State the causative agents of the following diseases.
- (i) Schistosomiasis [1 mark]
  - (ii) Trypasonosomiasis [1 mark]
  - (iii) Dermatomycosis [1 mark]
  - (iv) Trichomoniasis [1 mark]
  - (v) Brucellosis [1 marks]
- (c) Explain three ways in which growth of energy needs has led to environmental degradation. [6 marks]
- (d) Explain seven (7) factors that encourages secondary school learners to abuse drugs. [7

marks]

(e) Distinguish between the following terms:

- (i) Degenerative and malignant disease. [1 mark]
- (ii) Health education and physical education [1 mark]
- (iii) Etiology and epidemiology [1 mark]
- (iv) Drug abuse and drug misuse [1 mark]

- (v) Specific immunity and non specific immunity [1 mark]
2. Describe the classification of diseases based on the causal agent. [20 marks]
3. (a) Explain five benefits of physical exercises to the circulatory system. [10 marks]
- (b) Explain the effect of biotic components of environment on human health.

[10

marks]

4. (a) Explain the various classes of drugs on the basis of their effects on the central nervous system. [5 marks]
- (b) Explain five components of sports related fitness. [5 marks]
- (c) Give five benefit of family planning. [5 marks]
- (d) Describe the four components of an exercise programme. [5 marks]
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