

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
(ARTS)

EDCI 201/212: HEALTH AND PHYSICAL EDUCATION

STREAMS: B.ED (SCIE/ARTS/AGED/ECDE)

TIME: 2 HOURS

DAY/DATE: THURSDAY 7/12/2017

11.30 A.M - 1.30 P.M.

INSTRUCTIONS:

- Answer Question ONE (COMPULSORY) and any other THREE Questions.
- Do not write anything on the question paper

QUESTION ONE

- (a) Explain the following terms as applied in health education. [5 Marks]
- Edipemiology
 - Etiology
 - Primary host
 - Infection
 - Disease
- (b) State the causative agent of the following human diseases. [6 Marks]
- Bacillary dysentery
 - Tuberculosis
 - Tetanus
 - Syphilis
 - Dermatomycosis
 - Acquired Immunodeficiency Syndrome (AIDS)
- (c) Explain **four** negative effects of the biotic environment on human health. [8 Marks]
- (d) Describe **three** components of an exercise program. [6 Marks]

QUESTION TWO

- (a) Describe three human vector borne diseases. [9 Marks]
- (b) Discuss measures undertaken in attacking the source of infection in the control of communicable diseases. [6 Marks]

QUESTION THREE

- (a) With suitable examples in each case, describe the classification of drugs on the basis of their effects on the central nervous system. [9 Marks]
- (b) Explain **six** factors that may encourage young people to abuse drugs. [6 Marks]

QUESTION FOUR

- (a) (i) Define physical education [1 Mark]
(ii) Distinguish between health related fitness and sports related fitness. [2 Marks]
- (b) Describe briefly principles of exercise program designs. [12 Marks]

QUESTION FIVE

- Describe four dimensions of health. [8 Marks]
- Explain the benefits of family planning to a couple. [7 Marks]

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