

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA & EMBU

EXAMINATIONS FOR THE AWARD OF DIPLOMA IN EDUCATION

PECI 0225: HEALTH AND PHYSICAL EDUCATION

STREAMS: DIP. EDUC (PART-TIME)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 08/8/2018

8.30 A.M. – 1030 A.M.

INSTRUCTIONS:

- Answer question ONE and other TWO questions
- Do not write on this question paper

1. (a) Explain the meaning of the following terms. [6 marks]
- (i) Health
 - (ii) Etiology
 - (iii) Communicable diseases
 - (iv) Host
 - (v) Drug misuse
 - (vi) Physical exercise
- (b) Describe the main components of health related fitness. [8 marks]
- (c) Explain the consequences of drug abuse. [10 marks]
- (d) Discuss the measures that can be undertaken to interfere with the route of transmission of diseases in schools. [6 marks]

marks]

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2. (a) Explain factors that may encourage students to abuse drugs in schools. [8 marks]
(b) Describe the components of a good exercise programme. [8 marks]
(c) Explain on the human factors influencing human health. [4 marks]
3. (a) Explain the classification of human diseases based on mode of transmission. [10 marks]
- (b) Identify five symptoms of drug addiction among students. [5 marks]
- (c) Explain the advantages of physical activities on the following
- (i) Digestive and excretory system [3 marks]
 - (ii) Nervous system [2 marks]
4. (a) Identify and explain the categories of drugs/medicine [8 marks]
(b) State the objectives of health education. [4 marks]
(c) Explain the effects of excessive alcohol on brain and behaviour. [8 marks]
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