

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA & EMBU

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

EDCI 201/212: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED (ARTS) LII BI

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 11/4/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTION:

- **ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER THREE QUESTIONS**
- **DO NOT WRITE ANYTHING ON THE QUESTION PAPER**

- Q1. (a) Describe four components of an exercise programme. [8 marks]
- (b) You have been newly appointed to head a school in one of the urban centres in Kenya, as a teacher advice on how to identify students abusing drugs.[8 marks]
- (c) Outline five factors to consider before choosing a birth control method.[5 marks]
- (d) State four objectives of health education in a developing country. [4 marks]
- Q2. (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]
- Q3. (a) Explain the five dimensions of health. [10 marks]
- (b) Explain five benefits of physical exercise to the circulatory system. [5 marks]
- Q4. (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 psychological benefits of family planning to a couple. [6 marks]
- Q5. (a) Explain five principles of exercise programme design. [10 marks]
- (b) Give five negative effects of the biotic environment on human health.[5 marks]