

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN AGRICULTURAL EDUCATION AND EXTENSION AND BACHELOR OF EDUCATION ARTS.

EDCI 201/212: HEALTH AND PHYSICAL EDUCATION

STREAMS: BS.c (AGED) Y2S2; BED (ARTS) Y2S1

TIME: 2 HOURS

DAY/DATE: MONDAY 9/04/2018

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

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

- (a) Distinguish between the following terms;
 - (i) Drug misuse and drug abuse. [2 Marks]
 - (ii) Health education and physical education. [2 Marks]
 - (iii) Malignant disease and degenerative disease [2 Marks]
 - (iv) Epidemiology and etiology [2 Marks]
 - (v) Specific immunity and non-specific immunity. [2 Marks]
 - (b) Give the causative agents of the following diseases; [5 Marks]
 - (i) Cholera
 - (ii) Brucellosis
 - (iii) Trichomoniasis
 - (iv) Tetanus
 - (v) Dermatomycosis
 - (c) Explain five principles of exercise programme. [10 Marks]
2. Discuss the classification of diseases based on the mode of transmission. [15 Marks]
3.
 - (a) Explain four categories of drugs. [8 Marks]
 - (b) Explain three ways of controlling high population growth rate. [7 Marks]
4.
 - (a) State five symptoms of drug addiction. [5 Marks]
 - (b) Give the effects of smoking on;
 - (i) Respiratory system [3 Marks]
 - (ii) Pregnant mothers [2 Marks]

(c) Give five psychological benefits of physical exercise. [5 Marks]

5. (a) Explain four components of an exercise programme. [5 Marks]

(b) Outline the benefits derived from participating in physical activities and sports in relation to the following,

(i) Circulatory system [3 Marks]

(ii) Muscular - skeletal system [2 Marks]

(iii) Digestive system [2 Marks]

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