

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 (ARTS) PART TIME

TIME: 2 HOURS

DAY/DATE: TUESDAY 07/08/2018

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- Answer questions ONE (compulsory) and any other THREE questions.
- Do not write anything on the question paper.

1. (a) Explain the following terms as applied in health education. (4 marks)
 - (i) Pathogen
 - (ii) Immunity
 - (iii) Contagious disease
 - (iv) Antigen
 - (b) (i) State three human diseases contracted through contact with sick animals or their products. (3 marks)
 - (ii) State the causative agents of the diseases in b (i). (3 marks)
 - (c) Explain the effects of Nicotine on pregnant mothers. (5 marks)
 - (d) Explain five factors that have contributed to population growth in the modern society. (10 marks)
2. (a) Explain four human factors that influence the environment and consequently affect health. (12 marks)

- (b) Explain measures undertaken in practicing environmental hygiene in the control of human diseases. (3 marks)
3. (a) Discuss the dangers of drug misuse and or abuse. (10 marks)
- (b) Explain five indicators of drug abuse among students. (5 marks)
4. (a) Explain five principles of exercise programme design. (10 marks)
- (b) Highlight five benefits of exercises to the circulatory system. (5 marks)
5. (a) (i) With two suitable examples in each case, distinguish between communicable and non-communicable diseases. (4marks)
- (ii) Explain how non-communicable diseases develop in the human body. (3 marks)
- (b) Discuss measles and typhoid under the following subheadings:
- (i) Causative agent (2 marks)
- (ii) Two control measures. (4 marks)
- (iii) Two symptoms. (2 marks)
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