

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

THARAKA CAMPUS

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

EDCI 201/212: HEALTH AND PHYSICAL EDUCATION

STREAMS: B.ED (ARTS)

TIME: 2 HOURS

DAY/DATE: TUESDAY 07/08/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- Answer question ONE and any other TWO.
- Don't write on this question paper.

QUESTION ONE (30 MARKS)

- (a) Explain the following terms. (6 marks)
- (i) Good wealth
 - (ii) Health education
 - (iii) Pathogens
- (b) Explain how urbanization affects the environment and human health. (4 marks)
- (c) State characteristics of communicable diseases. (4 marks)
- (d) State the inherent risk factors to diseases. (4 marks)
- (e) When is the body likely to accumulate excessive body fat? (4 marks)
- (f) What are the uses of medicines? (2 marks)
- (g) State the procedure for exercise performance in workout. (3 marks)
- (h) How can we take good care of environment? (3 marks)

QUESTION TWO (20 MARKS)

- (a) Explain the main disorders of white blood cells. (6 marks)
- (b) Discuss the participation of health. (10 marks)
- (c) Discuss cholera disease under the following heading.
 - Cause (1 mark)
 - Effect (2 marks)
 - Control (1 mark)

QUESTION THREE (20 MARKS)

- (a) Discuss the aspects of fitness directed towards improvement of motor skills. (10 marks)
- (b) Explain some negative effects of using family planning based on pills. (4 marks)
- (c) Discuss factors which may lead students to abuse drugs. (6 marks)

QUESTIN FOUR (20 MARKS)

- (a) Discuss psychological and sociological benefits of exercises. (10 marks)
 - (b) Differentiate between etiology and epidemiology. (2 marks)
 - (c) Discuss four main ways of transmitting diseases. (4 marks)
 - (d) Explain how physical fitness can be ensured. (4 marks)
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