

CHUKA



UNIVERSITY

UNIVERSITY SUPPLEMENTARY/SPECIAL EXAMINATIONS.

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

EDCI 312: HEALTH AND PHYSICAL EDUCATION

STREAMS: B.Ed (PRIMARY OPTION) SB

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 25/07/2018

11.30 A.M - 1.30 P.M

INSTRUCTIONS:

- Answer ALL the Questions
- Do not write anything on the question paper

1. (a) Explain the effect of the biotic environment on human health. [8 Marks]  
(b) Explain six measures schools should undertake to promote health of the learners. [6 Marks]  
(c) Highlight the effects of nicotine on the respiratory system. [5 Marks]
2. Describe five classes of human diseases based on the causative agent. [20 Marks]
3. (a) Discuss the classification of drugs based on the effects they have on the central nervous system (CNS) and related change in behavior. [14 Marks]  
(b) Explain measures to be undertaken to assist a student who is abusing drugs. [6 Marks]
4. (a) Explain FIVE components of sports related fitness. [10 Marks]  
(b) Explain FIVE psychological and sociological benefits derived from participating in physical exercises. [10 Marks]
5. (a) Explain three ways of controlling population. [9 Marks]  
(b) (i) Define health education. [4 Marks]  
(ii) Highlight FOUR aims of health education in developing countries. [4 Marks]  
(c) Describe three diseases related to physical exercises. [6 Marks]