

CHUKA



UNIVERSITY

UNIVERSITY SUPPLEMENTARY/SPECIAL EXAMINATIONS.

IGEMBE CAMPUS

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

EDCI 312: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED (PRIMARY) LIII BI

TIME: 2 HOURS

DAY/DATE: MONDAY 10/09/2018

2.30 P.M -4.30 P.M

INSTRUCTIONS:

- Answer ALL Questions
- Do not write anything on the Question Paper

1. (a) Discuss any three (3) principles underlying mental and physical health development. [6 Marks]
(b) State four (4) main types of chronic diseases in Kenya. [4 Marks]
(c) Discuss the main causes of musculoskeletal disorders. [5 Marks]
(d) State five (5) basic traits of psychosocial health. [5 Marks]
(e) Discuss two (2) secondary body defense mechanisms. [4 Marks]
(f) Describe the effects of drug abuse on secondary school students. [6 Marks]
2. (a) Discuss the benefits a secondary school student derived from participating in physical education and sports. [14 Marks]
(b) Highlight six effects of smoking on heart and circulatory system. [6 Marks]
3. (a) Explain briefly any five (5) primary mechanisms that prevent entry of pathogenic organisms into internal tissues. [10 Marks]
(b) Discuss any five (5) effects of alcohol on the body. [10 Marks]

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4. a (i) Describe any four (4) socio-cultural methods of controlling communicable diseases. [12 Marks]
- (ii) Discuss emotional intelligence. [8 Marks]
- (b) Discuss chemical hazards and their effects on human health. [10 Marks]
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