

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATIONS FOR THE AWARD OF DEGREE OF BACHELOR
OF EDUCATION ARTS

EDCI 312: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED (ARTS) PARTTIME

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 08/8/2018

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- Answer question ONE (Compulsory) and any other three questions
- Do not write anything on the question paper

1. (a) Explain the following types of immunity
 - (i) Actively acquired natural immunity
 - (ii) Passively acquired natural immunity
 - (iii) Actively acquired artificial immunity
 - (iv) Passively acquired artificial immunity [8 marks]
 - (b) Explain how agricultural development has contributed to degradation of physical environment and consequently human health [5 marks]
 - (c) Explain four categories of drugs/medical [4 marks]
 - (d) Explain the components of an exercise programme [8 marks]
2. (a) Explain the approaches used by the government to ensure a healthy school environment [9 marks]
 - (b) Explain three dimensions of health [6 marks]

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3. (a) Explain physical fitness [3 marks]
(b) Describe four components of health related fitness [12 marks]
4. (a) Describe three human vector borne diseases [9 marks]
(b) Explain measures undertaken in dealing with the source of infection in the control of communicable diseases [6 marks]
5. (a) (i) Define a legal drug [1 mark]
(ii) Explain two effects of smoking on the cardiovascular system [4 marks]
(b) Explain five factors that encourage school going children to abuse drugs [10 marks]
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