
CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EMBU CAMPUS

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

EDCI 212: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED - ARTS (P/T)

TIME: 2 HOURS

DAY/DATE: THURSDAY 10/12/2020

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

- Answer Question one (compulsory) and any other Two.
- Do not write anything on the question paper.

1. a) Explain five reasons as to why physical activities are important to human beings

(5 marks)

b) Highlight and briefly describe five categories of drugs referred to in health and physical education

(5 marks)

c) Identify five critical indicators of ill-health in human beings

(5 marks)

d) Discuss how the following factors influence human health:

i) School environment

(3 marks)

ii) Sanitation

(3 marks)

iii) Pollution

(3 marks)

iv) Home environment

(3 marks)

e) Obesity is common among children from middle class families in Kenya. Suggest five strategies that can be adopted to curb this challenge.

(3 marks)

2. a) Describe five major components of physical fitness that students may benefit from during physical education activity sessions (10 marks)

b) Examine five challenges faced by school instructors as they implement physical education curriculum (10 marks)

3. a) Drug use and substance abuse is common among university students. Discuss Ten reasons that may be the cause of such behaviors among peers (10 marks)

b) Describe five birth control methods commonly referred to as family planning (10 marks)

4. a) Explain the school preparedness to curb environmental hygiene as a public health requirement in the wake of COVID19 crisis. (10 marks)

b) Discuss how contagious diseases should be managed both at home and at the public health facilities in Kenya (10 marks)

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