

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS
RESIT/SPECIAL EXAMINATION**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
EDCI 201: HEALTH AND PHYSICAL EDUCATION**

STREAMS: B.ED (ARTS), B.ED (SCIENCE)

TIME: 2 HOURS

DAY/DATE: MONDAY 28/08/2023

2.30 P.M – 4.30 P.M.

INSTRUCTIONS

- **Answer all the questions**

1. a) Discuss **five** benefits of physical exercises to the circulatory system. (10 marks)
b)) Explain **five** components of sports related fitness. (10 marks)
 2. a) Explain the factors that encourage students to abuse drugs. (10 marks)
b) Discuss the measures taken by the teachers to prevent students from misuse/abuse of drugs in schools. (10 marks)
 3. Describe giving an example in each case the main ways human diseases are classified based on mode of transmission. (20 marks)
 4. (a) Explain **Five** dimensions of health. (10 marks)
(b) Describe how a sick person can use medicine appropriately. (10marks)
 5. (a) Discuss measures undertaken in attacking the source of infection in the control of communicable diseases. (10 marks)
(b). Explain **five** factors that have contributed to population growth in the modern society. (10 marks)
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