

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

RESIT /SPECIAL

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
EDUCATION ARTS & SCIENCE

EDCI 201: HEALTH AND PHYSICAL EDUCATION

STREAMS: BED (ARTS & SCI)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 11/8/2021

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- Answer **ALL** the questions in this paper
- Do not write on the question paper

1. a) Describe the five dimensions of health. [10 marks]
b) Describe five main modes of disease transmission giving an example of a disease transmitted through each mode [10 marks]
 2. a) Describe the dangers of smoking [10 marks]
b) Discuss five classes of human diseases based on casual agents and give an example of each. [10 marks]
 3. a) Describe five non- specific immunity in human beings. [10 marks]
b) Explain the major causes of high population growth rates in developing countries [10 marks]
 4. Discuss specific ways in which transmission of communicable diseases can be controlled by interrupting the route of transmission [20 marks]
 5. a) Discuss five components of sports related fitness. [10 marks]
b) Explain the psychological and sociological benefits derived from participation in physical activity exercises [10 marks]
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