

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN AGRICULTURAL EDUCATION AND EXTENSION

EDCI 201: HEALTH AND PHYSICAL EDUCATION

STREAMS: BSC (AGED) Y2S2
DAY/DATE: FRIDAY 09/7/2021

TIME: 2 HOURS
2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

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

- Q1. (a) Give any five psychological benefits of physical exercises [5 marks]
- (b) Describe five components of sport related fitness [5 marks]
- (c) Describe ten benefits of family planning [10 marks]
- (d) Give the causative agents of the following diseases
- (i) Schistosomiasis [1 mark]
 - (ii) Trypanosomiasis [1 mark]
 - (iii) Dermatomycosis [1 mark]
 - (iv) Amoebic dysentery [1 mark]
 - (v) Trichomoniasis [1 mark]
- Q2. (a) State five effects of excessive alcohol in a human body. [5 marks]
- (b) Explain five dimensions of health [10 marks]
- Q3. (a) Describe five principles of an exercise programme design [10 marks]
- (b) Explain five ways in which non-specific immunity is mediated in man [5 marks]
- Q4. (a) Describe four types of acquired immunity in man [8 marks]
- (b) Explain seven factors that encourage secondary school learners to abuse drugs [7 marks]

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- Q5. (a) Describe the classification of human disease based on causal agents [10 marks]
(b) Explain five benefits of physical exercises to the circulatory system [5 marks]
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