


  
**KISII UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**

**SECOND YEAR EXAMINATION FOR THE AWARD OF THE  
 DEGREE OF BACHELOR OF EDUCATION [ARTS]  
 FIRST SEMESTER 2017/2018  
 (MAY - AUGUST, 2017)**

**EDCI 212/412: HEALTH AND PHYSICAL EDUCATION**

**STREAM: Y2S1**

**TIME: 2 HOURS**

**DAY: TUESDAY, 3:00-5:00 PM**

**DATE: 22/08/2017**

**INSTRUCTIONS**

1. Do not write anything on this question Paper.
2. Answer question ONE and any other TWO questions.

**QUESTION ONE**

- (a) Briefly explain what physical fitness entails. [3 marks]
- (b) Using an equilateral health triangle, illustrate the connections and the need for a balance approach to health. [4 marks]
- (c) Discuss the implications of balanced diet to an athlete. [4 marks]
- (d) Why should fibre be included in the diet? [4 marks]
- (e) Discuss the importance of any five traditional sports that the early man involved themselves during pre-colonial era. [5 marks]
- (f) As a health and physical education teacher, briefly explain on how you can prevent communicable diseases within the school environment. [5 marks]
- (g) Analyze the five guidelines of exercise for posture correction. [5 marks]

## **QUESTION TWO**

- (a) Discuss SMART as the principle of training in sports. [10 marks]
- (b) Evaluate the causes, signs and symptoms, prevention and control measures of typhoid. [10 marks]

## **QUESTION THREE**

- (a) Discuss any four environmental hazards and their preventive measures. [10 marks]
- (b) Briefly explain any five signs of mental health problems in a human being. [10 marks]

## **QUESTION FOUR**

- (a) Discuss the role of health and physical education to the society. [10 marks]
- (b) Analyze any five health implications of abusing drugs. [10 marks]