



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS
SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF EDUCATION
SECOND SEMESTER, 2021/2022
(JUNE - SEPTEMBER, 2022)

EDCI 212/412: HEALTH AND PHYSICAL EDUCATION

STREAM: Y2 S1

TIME: 2 HOURS

DAY: THURSDAY, 9:00 – 11: 00 A.M.

DATE: 15/09/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.*
- 2. Answer Question ONE [Compulsory] and any other TWO Questions.*

QUESTION ONE

- Briefly discuss the background of health and physical education in Kenya (10 marks)
- With the use of relevant examples, discuss the factors that promote health and physical education in schools. (10 marks)
- Critically discuss the effects of drugs and substance abuse amongst learners in schools. (10 marks)

QUESTION TWO

Critically examine the importance of mental health for a student giving ways in which one can protect and maintain good mental health. (20 marks)

QUESTION THREE

With relevant examples, discuss the importance of sports and physical education in school environment. (20 marks)

QUESTION FOUR

Discuss any five major communicable diseases of importance in East Africa and their control. (20 marks)

QUESTION FIVE

Discuss the importance of family and population control methods in the promotion of healthful living in Kenya. (20 marks)