



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS
SECOND YEAR EXAMINATION FOR THE AWARD OF
THE DEGREE IN BACHELOR OF EDUCATION
FIRST SEMESTER 2023/2024
[AUGUST-DECEMBER, 2023]

EDCI 212: HEALTH AND PHYSICAL EDUCATION
STREAM: Y2 S1 **TIME: 2 HOURS**

DAY: THURSDAY, 3.00 – 5.00 P.M. **DATE: 16/11/2023**

INSTRUCTIONS

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

QUESTION ONE

- (a) Briefly explain what you understand by the term *blood doping* in sports. (2marks)
- (b) Discuss **four** dangers of poor sanitation to students within the school environment. (10marks)
- (c) Identify and explain any **five** health consequences of abusing drugs. (12marks)
- (d) Explain **four** ways in which you can advise one to improve his/her mental health. (6 marks)

QUESTION TWO

- (a) Explain the elements of health as conceptualized in the Health Triangle. (10marks)
- (b) Explain **four** differences between **flexibility** and **agility** in physical fitness. (10marks)

QUESTION THREE

- (a) Discuss **five** factors that affect sports performance in schools. (10marks)
- (b) State and discuss any **five** qualities of a good first aider. (10marks)

QUESTION FOUR

- (a) "Proper nutrition in sports is a crucial aspect". Discuss. (10marks)
- (b) Describe **five** preventive and control measures of amoebic dysentery. (10marks)

QUESTION FIVE

- a) Discuss components of the immune system among human beings. (10marks)
- b) Explain factors that affect human immunity (10marks)