



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

**SPECIAL EXAMINATIONS**  
**SECOND YEAR EXAMINATION FOR THE AWARD OF THE**  
**DEGREE OF BACHELOR OF EDUCATION (ARTS)**  
**FIRST SEMESTER, 2021/2022**  
**(FEBRUARY - JUNE, 2022)**

**EDCI 212: HEALTH AND PHYSICAL EDUCATION**

**STREAM: Y2 S1**

**TIME: 2 HOURS**

**DAY: FRIDAY, 11:30 – 1:30 P.M.**

**DATE: 29/07/2022**

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**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 historical development of physical education in Kenyan Secondary schools. (5 marks)
- Explain significance of learning health and physical education. (5 marks)
- State at least five non-communicable diseases (5 marks)
- Describe effects of drug abuse by students in secondary schools (5 marks)
- Discuss strategies that a teacher may apply to make a student develop lifelong interest in physical exercise (5 marks)

**QUESTION TWO**

- Describe at least five principles of physical exercise (15 marks)
- Explain the two types of immune systems (5 marks)

**QUESTION THREE**

- State at least 5 categories of disease-causing agents giving examples of disease each cause (10 marks)

- b) Highlight ways in which communicable disease can be controlled in our society (5 marks)

**QUESTION FOUR**

- a) Explain physiological development of diabetes mellitus type two in an obese person (10 marks)
- b) Explain how physical development can prevent development of non communicable diseases (5 marks)

**QUESTION FIVE**

- a) Discuss relationship between physical education and sports in schools (10 marks)
- b) Highlight the environmental health hazards (5 marks)