

FOUR-SEMESTER BACHELOR OF EDUCATION PROGRAMME  
SECOND YEAR, END-OF-FIRST SEMESTER EXAMINATION, APRIL, 2021

APRIL 7, 2021

HEALTH AND PHYSICAL FITNESS

2:40 PM - 4:00 PM

SECTION B

Answer any TWO questions from this Section.

1. a. Explain **five** effects of tobacco use on the health of the youth [20 marks]  
b. Explain the following factors that affect growth in wellness  
i. Awareness  
ii. Assessment  
iii. Knowledge  
iv. Support  
v. Motivation [10 marks]
2. a. Explain **six** Physiological and Psychological benefits of Physical Fitness. [12 marks]  
b. List **four** factors that influence individual's heart rate. [8 marks]  
c. List **five** risk factors of cardiovascular diseases that can be controlled. [10 marks]
3. a. Identify **three** alcohol-related problems associated with each of the following components of an individual.  
i. Health.  
ii. Social. [12 marks]  
b. Explain **four** factors that influence the consumption of alcohol. [12 marks]  
c. List **three** ways to minimize alcohol consumption among the youth. [6 marks]
4. a. Differentiate between walking and running. [2 marks]  
b. List **six** factors to consider when planning for a recreation exercise programme. [12 marks]  
c. List **four** precautionary measures to observe when planning exercise activities for school children. [8 marks]  
d. Explain any **two** social benefits of engaging in group exercise. [8 mark]