



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2012/2013

INSTITUTE OF OPEN, DISTANCE AND E-LEARNING

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE**

HPE 100: HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION AND SPORT

DATE: Wednesday 10th July, 2013

TIME: 4.30 p.m. – 6.30 p.m.

INSTRUCTIONS:

Answer Question ONE and any other two.

Answer each question in separate booklet.

1. a) Elaborate on the nature of physical education and sport in medieval and early modern Europe. (10 marks)
- b) Outline any five reasons that made the Catholic Church opposed to physical education and sport in medieval and early modern Europe. (10 marks)
- c) Describe the nature of physical education and sport in Ancient Sparta. (10 marks)

2. a) Outline the general objectives of physical education. (10 marks)
- b) Assess any five relevance of ancient Olympics' history to Kenyan physical education and sports. (10 marks)

3. a) From a historical perspective, elaborate on any six importance of physical education and sport. (12 marks)
- b) Examine the contribution of the following movements in the growth and development of physical education:
 - i. Movement Education (2 marks)
 - ii. Lifelong Education (2 marks)
 - iii. Sport Skill Education (2 marks)
 - iv. Outdoor Education (2 marks)

4. Outline the relevance of the following sub-disciplines in PE:
- i. Exercise physiology (4 marks)
 - ii. Sports medicine (4 marks)
 - iii. Sport biomechanics (4 marks)
 - iv. Sport philosophy (4 marks)
 - v. Sport history (4 marks)
5. Elucidate on branches of ethics and their application to physical education and sport. (20 marks)
