



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

**FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
EDUCATION**

ECT 252: PHYSICAL AND HEALTH EDUCATION

DATE: Thursday, 8th February 2018

TIME: 11.00 a.m. - 1.00 p.m.

INSTRUCTIONS:

Answer question **ONE** and any other **TWO** questions

1. (a) Explain how the teaching of physical education enhances the fulfillment of national goals of education listed below:
 - (i) National unity
 - (ii) National development
 - (iii) Individual fulfillment (12 marks)
- (b) Explain the FOUR stages of a PE lesson plan giving the essence of each part (12 marks)
- (c) Discuss THREE factors PE teachers should consider while improvising apparatus for effective teaching (6 marks)
2. (a) Discuss ways in which a teacher of PE would avoid 'accidents' during a PE practical lesson (10 marks)
- (b) Explain any TEN roles of equipment and apparatus during the teaching and learning of physical education lesson (10 marks)
3. Identify and explain the 10 sections of Physical Education schemes of work (20 marks)

4. (a) Describe how a teacher can relate Physical Education to any FIVE other subjects in the primary school curriculum (10 marks)
- (b) Identify the social benefits of Physical Education in Kenya (10 marks)
5. (a) Discuss the following teaching approaches
- (i) Direct instruction
- (ii) Indirect instruction (12 marks)
- (b) Discuss the merits and demerits of Direct instruction approach (8 marks)