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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
SECOND YEAR, SECOND SEMESTER EXAMINATION
FOR THE DEGREE OF BACHELOR OF EDUCATION(ARTS)
KET 2202:PHYSICAL EXERCISE

Date: 15th April 2024
Time: 11:30am-1.30pm

INSTRUCTIONS TO CANDIDATES:

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Explain any **THREE** strategies on how physical literacy can be developed in primary schools in Kenya. (6 Marks)
- b) Explain **FOUR** common challenges encountered by Physical Education teachers in Kenyan schools and the impact of challenges in physical activity among students (8 Marks)
- c) Discuss **THREE** strategies a Physical Education teacher can use to assess and monitor students' motor development progress? (6 Marks)
- d) Examine any **THREE** key considerations in selecting sports equipment for a specific sport or activity in secondary schools (6 Marks)
- e) Limited time allocation is a common weakness of existing Physical Education curriculum in basic institutions of learning in Kenya. Examine how this affects teaching and learning of Physical Education and cite **TWO** potential ways to increase time allocation within the school timetable. (4 Marks)

QUESTION TWO (20 MARKS)

- a) Physical Education plays a crucial role in the motor development of children and adolescents. Discuss the relevance of Physical Education citing relevant physical activities. (10 Marks)
- b) Examine **FIVE** ways in which physical educators can create a supportive environment that enhances learning of Physical Education and well-being among students in schools. (10 Marks)

QUESTION THREE (20 MARKS)

- a) There are a variety of teaching styles and strategies in Physical Education instruction. Discuss any **THREE** of the styles, citing relevant examples in each case. (9 Marks)
- b) One of key philosophical theories relevant to education is idealism, explain this concept and show how the principles apply to teaching and learning of Physical Education (3 Marks)
- c) Briefly discuss principles of exercise prescription or training and its application during soccer training sessions under the following headings
 - i. Specificity. (4 Marks)
 - ii. Overload. (4 Marks)

QUESTION FOUR (20 MARKS)

- a) Discuss any **FIVE** qualities that characterize a good Physical Education teacher. (10 Marks)
- b) Use of technology in Physical Education instruction and assessment has become increasingly prevalent. State any **FIVE** innovative ways, citing purpose and benefits of such technology in Physical Education instruction. (10 Marks)

QUESTION FIVE (20 MARKS)

- a) Understanding and adhering to legal and ethical principles is essential for ensuring the safety, well-being, and fair treatment of students, colleagues, and others involved in Physical Education programs. Discuss any **FOUR** key legal considerations a Physical Education teacher must observe. (10 Marks)
- b) Discuss **FOUR** opportunities that have been presented to individuals or communities in Kenya due to positive development of Physical Education in the country. (10 Marks)