



OFFICE OF THE DEPUTY VICE-CHANCELLOR
ACADEMICS, RESEARCH AND STUDENT AFFAIRS

UNIVERSITY EXAMINATIONS
2024/2025 ACADEMIC YEAR

THIRD YEAR SECOND SEMESTER REGULAR EXAMINATION

FOR THE DEGREE OF BACHELOR OF EDUCATION

COURSE CODE: CIM 213

COURSE TITLE: PHYSICAL EDUCATION AND SPORTS

DATE: 25ND APRIL 2025

TIME: 11:00AM – 2:00PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF THREE PRINTED PAGES

PLEASE TURN OVER

REGULAR – MAIN EXAM

CIM 213: PHYSICAL EDUCATION AND SPORTS

STREAM: BED

DURATION: 3 Hours

INSTRUCTIONS TO CANDIDATES

- i. *Answer Question **ONE** and any other **TWO** questions.*
- ii. *Do not write on the question paper.*

Question One

- a) During the orientation of new university students, Dr. Sifuna emphasized that Physical Education is a mandatory unit for all Bachelor of Education trainees preparing to teach in Kenyan schools. Explain **FOUR** reasons why Physical Education is compulsory for education students. (8 Marks)
- b) During a PE lesson at Mwembe Secondary School, Mr. Malebo discusses the significance of physical fitness in promoting overall health. Explain **THREE** ways in which physical fitness contributes to general health development. (6 Marks)
- c) While teaching at Mumias Day Secondary School, Mr. Wafula highlights the importance of sports nutrition for athletes. Describe **THREE** ways in which proper nutrition enhances sports performance. (6 Marks)
- d) At Rafiki Secondary School, students look up to Mr. Tirop for his dedication to teaching Physical Education. Identify **FIVE** qualities that contribute to being an effective PE teacher. (5 Marks)
- e) Axiology, a branch of philosophy, plays a significant role in education. Outline five ways in which Axiology influences the teaching and learning of Physical Education. (5 Marks)

Question Two

- a) Explain **THREE** key principles of a well-balanced diet for athletes participating in competitive sports. (6 Marks)
- b) During a staff meeting at Malindi Secondary School, Mr. Kombo discusses contemporary challenges shaping the field of Physical Education. Explain **FOUR** emerging issues affecting PE today. (8 Marks)
- c) You have been selected to conduct a training session on fractures for university students in the fitness club. Explain the different types of fractures that may be covered in your session. (6 Marks)

Question Three

- a) Every weekend in local Kenyan communities, youths gather in open fields to play soccer, attracting large crowds of spectators. Schools also organize inter-class and inter-school tournaments, while media houses broadcast both local and international soccer matches, increasing its visibility and influence. Identify FIVE reasons why soccer is widely accessible to many people in Kenya. (10 Marks)
- b) When Dr. James Naismith invented basketball, he introduced fundamental rules to guide the game. Explain the basic rules originally proposed by Naismith. (10 Marks)

Question Four

- a) In netball, the Goalkeeper (GK) has specific restrictions on their movement and actions. Discuss FOUR limitations placed on a goalkeeper in the game of netball. (8 Marks)
- b) Explain THREE advantages of using observation as an assessment method in physical education. (6 Marks)
- c) In hockey, the 25-yard area (22.9m area) serves a distinct purpose in gameplay. Highlight the function and significance of this area in the game of hockey. (6 Marks)

Question Five

- a) With the aid of a diagram ,outline the parts of an athletics track showing starting areas for all track events. (10 Marks)
- b) Identify the TEN parts of a competency based curriculum physical education schemes of work. (10 Marks)
