



EXAMINATION FOR JANUARY-APRIL 2024 SEMESTER

COURSE UNIT TITLE: HEALTH AND WELLNESS

COURSE CODE: RFC 113

DATE _____

TIME: 2 HOURS

GENERAL INSTRUCTIONS:

Students are NOT permitted to write on the examination question paper during examination time.

This is a closed book examination. Text book/Reference books/notes are not permitted.

SPECIAL INSTRUCTIONS:

This examination paper consists of *Question 1 which is Compulsory*. Answer any other Two questions of your choice.

1. **QUESTIONS in ALL Sections should be answered in answer booklet(s). Question one is multiple choice. Answer the multiple choice questions on the answer booklet and NOT on the question paper.**
2. **This examination consists of four (4) questions. Question one is compulsory. Answer any other two questions of your choice in Section B (total- 60 marks).**
3. **PLEASE start the answer to EACH question on a NEW PAGE.**
4. **Keep your phone(s) switched off at the front of the examination room.**
5. **Keep ALL bags and caps at the front of the examination room and DO NOT refer to ANY unauthorized material during the course of the examination.**
6. **Marks indicated in parenthesis i.e. () will be awarded for clear and logical answers.**
7. **Write your REGISTRATION No. clearly on the answer booklet(s).**
8. **Indicate the questions done at the bottom of the answer booklet(s) in the order that you answered them.**
9. **YOU are ONLY ALLOWED to leave the examination room 30minutes to the end of the exam**
10. **DO NOT write on the QUESTION PAPER. Use the back of your BOOKLET for any calculations or rough work.**

QUESTION ONE (Compulsory Question-20 marks)

SECTION A-Part 1

a) Multiple choice questions- select the Correct Answer (a, b, c or d). The CORRECT answer MUST be written down on the final examination booklet and NOT on the question paper. (10 Marks)

- 1. The biggest single barrier to control of HIV globally is:**
 - a. Availability of treatment
 - b. Stigmatizing attitudes
 - c. Inadequate supply of condoms
 - d. The limited number of HIV clinics

- 2. A substance you need to grow and live is called a**
 - a. Balanced diet
 - b. Nutrient
 - c. Calorie
 - d. MyPlate

- 3. In case of muscle fatigue, which of the following vitamins should be taken?**
 - a. Vitamin A
 - b. Vitamin D
 - c. Vitamin E
 - d. Vitamin K

- 4. Which of the following is derived from the hemp plant “cannabis sativa”?**
 - a. Opium
 - b. Marijuana
 - c. MDMA
 - d. Crack

- 5. Which of the following best describes the role of Reverse Transcriptase?**
 - a. For the synthesis of RNA from genomic RNA
 - b. For the synthesis of DNA from genomic DNA
 - c. For the synthesis of DNA from genomic RNA
 - d. For the synthesis of mRNA from host DNA

- 6. What eating disorder involves starvation and obsession with calorie intake?**
 - a. Anorexia Nervosa
 - b. Compulsive eating

- c. Bulimia Nervosa
- d. Binge Eating

7. This nutrient transports Vitamins A, D, E K.

- a. Carbohydrates
- b. Proteins
- c. Fat
- d. Vitamins

8. Overload as a principle of exercise and sports training is

- a. Is when you work too hard in training and have to stop
- b. Is when you work too hard over a period of training sessions and get injured
- c. Is when you work harder than normal to increase the stress on the body systems
- d. Is trying to lift too heavier a weight in a resistance training session

9. What component of physical fitness would be required for splits or high kick?

- a. Muscular endurance
- b. Coordination
- c. Speed
- d. Flexibility

10. Which of the following is a warning sign that a dating relationship is unstable and the risks involved in continuing the relationship outweigh the benefits?

- a. One partner attempts to manage the other partner's daily activities and questions the partner about interactions with others.
- b. Each partner sometimes displays frustration, exasperation, or a lack of patience with the other partner's actions and decisions.
- c. One partner enjoys going out and socializing with groups of people and the other partner prefers staying in or socializing with a few friends.
- d. Each partner seems oblivious to the characteristics in the other partner that other individuals, including friends and family, find unappealing.

QUESTION ONE- Section A: Part 2- It is compulsory to answer both questions in this section

a. Discuss **three** types of HIV tests for screening and diagnosis **(6 marks)**

b. Using relevant examples, distinguish between fat and water soluble vitamins stating their functions in the body **(4 marks)**

SECTION B-Choose any Two questions of your choice

QUESTION TWO

a. Using examples, define the following terms: **(10 marks)**

- i. Cross-tolerance
- i. Window period
- ii. Sedentary lifestyle
- iii. Food source
- iv. RICE in physical fitness

b. Explain the process of drug addiction **(5 marks)**

c. Examine **five** importance of drinking the recommended amount of water on a daily basis **(5 marks)**

QUESTION THREE

a. Analyze **five** reasons for abusing drugs and substances. **(10 marks)**

b. Assess **five** health-related components of physical fitness **(10 marks)**

QUESTION FOUR

a. Discuss **four** major sporting injuries **(8 marks)**

b. Analyze **six** risk factors associated with suicidal behavior **(12 Marks)**

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