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

Date: 13<sup>th</sup> August 2024  
Time: 11.30am-1.30pm

**INSTRUCTIONS TO CANDIDATES:**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) Examine the relationship between Physical Education (PE) participation and other educational outcomes. (5 marks)
- b) Examine any **four** key considerations in selecting sports equipment for a specific sport or activity in secondary schools. (8 marks)
- c)
  - i) Define the concept of intrinsic motivation (2 marks)
  - ii) Explain briefly how it can be fostered in a PE setting. (3 marks)
- d) Accelerometry is a popular method for measuring physical activity among children by use of accelerometer devices. Discuss any **three** advantages of accelerometry. (6 marks)
- e) Explain **three** ways on how technological advancements and digital media have transformed PE and Sports in the modern era. (6 marks)

**QUESTION TWO (20 MARKS)**

- a.  $VO_2$  max (Maximum Oxygen consumption) is a valuable and widely recognized measure of physical activity.
  - i) Briefly explain how the above method measures levels of physical activity among athletes. (4 marks)
  - ii) Discuss any **three** disadvantages of using the above method. (6 marks)
- b. PE is an organized instruction in motor activities that contributes to the physical growth, health, and body image of an individual. Discuss the impact of an effective PE tutor on students' physical and psychological development. (10 marks)

### **QUESTION THREE (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 PE programs. Examine any **four** key legal documents a PE teacher must observe (10 marks).
- b) Explore **four** opportunities that have been presented to individuals or communities in Kenya due to positive development of PE in the country. (10 marks).

### **QUESTION FOUR (20 MARKS)**

- a) The role of PE program in schools is crucial in the motor development of school-going children. Analyze the relevance of PE among adolescence citing relevant physical activities. (10 marks).
- b) Analyze the role of sports facilities and equipment in promoting physical education and physical literacy among students. (10 marks).

### **QUESTION FIVE (20 MARKS)**

- a) Physical activity improves health related physical fitness components. Elaborate any **two** components, citing suitable exercises to improve the component. (10 marks).
- b) PE uses a variety of evaluation methods to gauge student progress and achievement. Describe any **four** of such methods of evaluation, using relevant examples. (10 marks)