



# MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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## University Examinations 2024/2025

FIRST YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF  
EDUCATION ARTS

### EPH 3101: FOUNDATIONS OF PHYSICAL EDUCATION

DATE: JANUARY 2025

TIME: 2 HOURS

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INSTRUCTIONS: Answer question *one* and any other *two* questions

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#### Section A (30 Marks)

1. i) Explain the following concept as used in Physical Education
  - a) Leisure
  - b) Sports
  - c) Recreation
  - d) Game
  - e) Play (10 Marks)
- ii) a) Discuss five national Educational Objectives in Kenya (10 Marks)
  - b) Briefly how educational objectives are achieved through Physical Education in schools in Kenya (10 Marks)

#### Section B (30 Marks) Answer any two (2) questions

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Foundation of Innovations

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2. Discuss how the Competency Based Curriculum will impact on the development and teaching of Physical Education in the schools in Kenya (15 Marks)
3. Explain how psychological and sociological factors influence the teaching of Physical Education in schools. (15 Marks)
4. Trace the history and functional roles of the ancient Olympic Games. (15 Marks)
5. Discuss the challenges facing the teaching of Physical Education in Kenya (15 Marks)