

**UNIVERSITY OF SWAZILAND
FACULTY OF EDUCATION
PRIMARY EDUCATION
CERTIFICATE IN PHYSICAL EDUCATION**

**CPE 101
HEALTH EDUCATION**

2HRS

**END OF SEMESTER 1 EXAMINATION
DECEMBER 2009**

INSTRUCTIONS

Answer any 3 questions

Health Education

1. Discuss how each of the five components of health contributes to providing a picture of overall health. 25marks

- 2a. Discuss the three main functions of a healthy family. 10 marks
- b. Explain how families have changed in recent years in Swaziland and the causes of the changes. 10 marks
- c. Highlight the effects of the changes on the growth and development of the school children. 5 marks

- 3a. Explain two main reasons why adolescents take drugs. 61/4 marks
- b. Explain why a person who has abused a drug would be more likely to contract HIV/AIDS than a person who has not. 61/4 marks.
- c. Highlight the three phases of alcoholism and the dangers of alcohol abuse. 61/4 marks.
- d. Justify three reasons why people start using tobacco and three good reasons why tobacco use is hazardous to health and life. 61/4 marks.

4. Discuss why unplanned pregnancy would affect the life of a school child. 121/2 marks.
- b. Discuss the advantages of delaying sexual intimacy until one can actually take responsibilities. 121/2 marks.