



SCHOOL OF EDUCATION

**SEPTEMBER - DECEMBER 2019 END OF SEMESTER EXAMINATION
REGULAR PROGRAMME**

**EXAMINATION FOR FOUNDATION COURSES
(Degree & Diploma Programmes)
RFC 113: HEALTH AND WELLNESS**

INSTRUCTOR: ELIZABETH KIILU & CHARITY NJIMU

DATE: 17TH DECEMBER 2019

TIME: 2 HOURS

GENERAL INSTRUCTIONS:

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

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

SPECIAL INSTRUCTIONS:

- 1. Write your ADMISSION NUMBER clearly on the cover of the answer booklet(s).**
- 2. The paper has two (2) Sections.**
- 3. Answer ALL questions in Section A and ANY TWO questions in Section B.**
- 4. Questions in all sections should be answered in answer booklet(s).**
- 5. Marks allocated to each question are shown at the end of the question.**
- 6. PLEASE start the answer to EACH question on a NEW PAGE.**
- 7. Indicate the number of the questions answered on the cover of the answer booklet(s) in the order you answered them.**
- 8. Write your answers in paragraph form unless stated otherwise.**
- 9. Keep your phone(s) SWITCHED OFF at the front of the examination room.**
- 10. Keep ALL bags and caps at the front of the examination room and do not refer to any unauthorized material before or during the course of the examination.**
- 11. You are only allowed to leave the examination room 30 minutes to the end of the Examination.**

SECTION A HAS THREE (3) PARTS. ALL PARTS ARE COMPULSORY (30 MARKS)

PART I: Multiple choice questions. Select the MOST APPROPRIATE answer A, B, C or D
(10 Marks)

1. In regard to Antiretroviral Therapy (ART) which of the following is not a goal of the therapy?
 - A. Increase the immunity and increase the viral load count
 - B. Prolong the life for people living with HIV
 - C. Help if elimination of opportunistic infections
 - D. Eliminate HIV from the body

2. There are various routes of spreading the HIV virus. Which route poses the greatest risk of transmission
 - A. Vaginal sex
 - B. Oral sex
 - C. Anal sex
 - D. All the above are equally risky

3. The window period refers to
 - A. The period when the HIV virus is detected in the body
 - B. The period between converting from HIV positive to having full blown AIDS
 - C. The period when HIV antibodies can be detected
 - D. The first stage of HIV infection

4. Pre-exposure prophylaxis refers to:
 - A. Prophylaxis given before exposure to the virus
 - B. Prophylaxis given after exposure to the virus
 - C. ARVs given to newly infected persons to reduce chances of disease spread
 - D. ARVs given to Prevent Mother To Child Transmission of HIV (PMTCT)

5. An important indicator of how the immune system is functioning and how advanced the HIV infection is:
 - A. The number of T-cytotoxic cells
 - B. The number of B-cells
 - C. The number of T-helper cells
 - D. The number of leucocytes cells (white blood cells)

6. Which one of the below is a Long-term effect of alcohol consumption
 - A. Alcoholic coma
 - B. Liver cirrhosis
 - C. Double vision
 - D. Hallucinations

7. All the following are categories of macronutrients needed by the body EXCEPT?
 - A. Vitamins
 - B. Proteins
 - C. Fats
 - D. Proteins

8. Uncircumcised men are six times more likely to acquire HIV because;
 - A. They have multiple sex partners
 - B. They do not observe proper body hygiene
 - C. They have a soft glans that easily get injured during sex
 - D. They do not have T-helper cells that attract the HIV virus

9. In the event of a condom burst during sexual intercourse the correct action to take is:
- A. Replace the condom and continue
 - B. Wash the penis thoroughly with running water and continue
 - C. Remove it, visit the VCT for prophylaxis and emergency contraception
 - D. Continue having sexual intercourse without a condom since your body fluids have come into contact anyway.
10. HIV transmission through the sexual route is highest during
- A. Early stage of HIV infection
 - B. Advanced stage of HIV infection
 - C. Both early stage and advanced stage
 - D. In the middle stage of HIV infection.

Part II: Indicate Whether True or False

(Each 1 Mark)

- 1. Stimulants decrease the mood of a person abusing it by depressing the nervous system
- 2. Drug addiction is a chronic relapsing brain disease that is characterized by compulsive drug seeking
- 3. Drug tolerance is characterized with marked reduction in the effects of continuing to ingest the same amounts
- 4. Vitamins are macronutrients essential for promoting healing and immune function
- 5. Starches are the primary source of energy for the body
- 6. Iodine helps in the formation of thyroid hormones and prevents formation of goiter
- 7. Dark green leafy vegetables are a rich source of Vitamin A
- 8. Obsessive Compulsive Disorders (OCDs) are an example of mood disorders
- 9. Some mental disorders can be inherited or passed on from generation to generation
- 10. Psychotherapy is not one of the strategies used to manage mental illness

Part III: Respond to all the questions below

10 Marks

- 1. Describe the presentation of any **FIVE** symptoms of schizophrenia (5 marks)
- 2. Elaborate **FIVE** benefits of undertaking physical exercise in adolescents and young adults (5 marks)

SECTION B: ANSWER ANY TWO (2) QUESTIONS IN THIS SECTION

QUESTION TWO

- a) People living with HIV need to incorporate healthy habits in their lifestyles. Examine **FIVE** ways of healthy living with HIV and AIDS. **(10 marks)**
- b) Explain **FIVE** reasons for altering a patients Anti-retroviral (ARV) drug prescription. **(10 marks)**

QUESTION THREE

- a) Describe the meaning of a balanced diet . **(2 marks)**
- b) Examine **FOUR** ways of avoiding serious injury when participating in a sporting activity **(8 marks)**
- c) Explain **TWO** food sources rich in **each** of the following categories of food nutrients **(10 marks)**
- i. Carbohydrates
 - ii. Proteins
 - iii. Fats
 - iv. Vitamins
 - v. Fiber

QUESTION FOUR

- a. Describe **FOUR** components of physical fitness **(8 marks)**
- b. Assess **FOUR** approaches that can be used to manage mental health disorders **(12 marks)**

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