



*(Knowledge for Development)*

## **KIBABII UNIVERSITY**

### **UNIVERSITY EXAMINATIONS 2020/2021 ACADEMIC YEAR**

#### **FIRST YEAR FIRST SEMESTER**

#### **MAIN EXAMINATION**

#### **FOR BACHELOR OF SCIENCE IN BIOLOGY**

**COURSE CODE: SBL 111**


**COURSE TITLE: HUMAN HEALTH**

**DATE:** Tuesday 23<sup>rd</sup> February, 2021      **TIME:** 8.00-10.00a.m

#### **INSTRUCTIONS TO CANDIDATES**

Answer Question one (1) and any other two (2) Questions. Question one is compulsory and carries 30 marks, the other Questions carry 20 marks each.

**TIME:** 2 Hours

This paper consists of 2 printed pages. Please Turn Over   
**KIBU observes ZERO tolerance to examination cheating**

1. Sexually Transmitted Diseases and HIV affect a large population, the majority of whom are the youth.
  - a) Define HIV and AIDS (2 Marks)
  - b) State **five (5)** common Sexually Transmitted Infections (STIs) (5 Marks)
  - c) Outline **five (5)** factors that make the youth more vulnerable to STIs and HIV (5 Marks)
  - d) Describe the modes of HIV transmission (8 Marks)
  - e) Discuss the strategies that can be used to prevent the spread of HIV (10 Marks)
2. Substance abuse is when one takes drugs that are not legal. It's also when one uses alcohol, prescription medicine, and other legal substances too much or in the wrong way.
  - a) List any **six (6)** commonly abused drugs (3 marks)
  - b) Explain any **five (5)** health complications of Alcohol and drug abuse (10 marks)
  - c) State **three (3)** Kenyan Laws related to Alcohol and Drug Abuse (3 Marks)
  - d) State the 4 pillars of National Authority for the Campaign Against Drug Abuse (4 marks)
3. Human health is important for productivity of the population
  - a. Define health according World Health Organization (WHO) (2 Marks)
  - b. Discuss any **Six (6)** factors that influence health (18 Marks)
4. There are different agents that cause diseases in humans and may even cause death if not prevented
  - a. List 6 modes of disease transmission (3 marks)
  - b. Describe four types of disease prevention (8 Marks)
  - c. Categorize the types of infectious agents with two examples in each case (9 marks)
5. The occurrence of lifestyle diseases is on the increase in the country
  - a. Define lifestyle disease (2 marks)
  - b. List **Six (6)** lifestyle diseases (3 Marks)
  - c. State **five (5)** modifiable risk factors of lifestyle diseases (5 marks)
  - d. Discuss the prevention of lifestyle diseases (10 Marks)