



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SECOND SEMESTER EXAMINATION FOR BACHELOR OF ARTS

ASC 409: LIFESTYLE DISEASES AND REHABILITATION

Date:

Time:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

a) Explain the following terminologies as used in the study of lifestyle diseases and rehabilitation.

(10

marks)

- i. Alcoholism
- ii. Diabetes (mellitus)
- iii. Obesity
- iv. A stressor
- v. Coronary heart disease

b) Evaluate five risk factors for alcoholism.

(10

marks)

c) Appraise five systemic symptoms of cancer.

(10

marks)

QUESTION TWO (20 MARKS)

a) Discuss five various strategies for preventing lifestyle diseases. (10 marks)

b) Assess five lifestyle causes of stress. (10 marks)

QUESTION THREE (20 MARKS)

a) Appraise five strategies that can be used to combat unhealthy sexual behaviours and manage its associated effects. (10 marks)

b) Discuss five psychiatric or mental effects of alcoholism. (10 marks)

QUESTION FOUR (20 MARKS)

a) Appraise five lifestyle factors that contribute to the development of diabetes mellitus type 2. (10 marks)

b) “Anger can be a life threatening emotion if not well handled”. Discuss five negative effects of anger. (10 marks)

QUESTION FIVE (20 MARKS)

a) Inactivity is a risk factor for coronary heart disease and research indicates that heart mass diminishes in sedentary subjects as they age, while it increases in the lifelong exercisers. Discuss five general workout tips you would give to heart disease patients. (10 marks)

b) Evaluate five effects and symptoms of cardiovascular diseases. (10 marks)