



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (COMMUNITY RESOURCE MANAGEMENT)

CRM 101: HUMAN GROWTH AND DEVELOPMENT

DATE:

TIME:

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Instructions

- **This section has one question**
- **This question is COMPULSORY**
- **The question is 30 Marks**

QUESTION ONE (30 MARKS)

- a) Distinguish between growth and development (1 mark)
- b) Cite examples to justify the following assertions
 - i) Growth depends on maturity and learning (2 marks)
 - ii) Growth and development proceed from general to specific (2 marks)
- c) Explain how limitations on physical growth and development for a 1-year-old child may affect other domains of growth and development (3 marks)
- d) List social and emotional advancements that occur in early and middle adulthood (4 marks)

- e) Explain the consequences of teratogens on fetal development (3 marks)
- f) Explain how Bandura's theory of social learning can influence educational outcomes (3 marks)
- g) Highlight signs of posttraumatic stress disorder in women who have just given birth (3 marks)
- h) Explain three mental illnesses that are common in older people (3 marks)
- i) Suggest parental practices that can promote child's cognitive development (3 marks)
- j) Outline placental problems that can affect fetal development (3 marks)

SECTION B:

Instructions

- This section has four (4) question
- Answer any two (2) questions

Each question is 20 Marks

QUESTION TWO

- a) Caregivers play a very significant role in growth and development of a child. Discuss this assertion using Erikson's theory of psychosocial development (10 marks)
- b) Discuss five challenges that adolescents encounter as they grow and develop and the ways in which parents and teachers can assist in overcoming them (10 marks)

QUESTION THREE

- a) Discuss the influence of the environment (social, cultural, and political) on a child's growth and development (10 marks)
- b) Offer your discouraging advices to your sister who wishes for a child delivery through a caesarean section (10 marks)

QUESTION FOUR

- a) Juliet is in the labor ward ready to deliver her first born child. Discuss with her possible maternal complications (10 marks)
- b) Suggest to mothers in your neighborhood various activities that foster children's social development (10 marks)

QUESTION FIVE

- a) Discuss the consequences of deficient cognitive development among the adults (10 marks)
- b) Grace recently celebrated her seventh birthday, discuss the expected changes in all domains of growth and development (10 marks)