



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SCHOOL OF EDUCATION, HUMANITIES AND SOCIAL SCIENCES**

**UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF SPECIAL**

**NEEDS EDUCATION WITH IT**

**3<sup>RD</sup> YEAR 2<sup>ND</sup> SEMESTER 2024/2025 ACADEMIC YEAR**

**MAIN CAMPUS REGULAR**

---

**COURSE CODE: ESB 3302**

**COURSE TITLE: ADAPTED PHYSICAL EDUCATION FOR THE HANDICAPPED**

**EXAM VENUE: LAB 5**

**STREAM: SNE**

**DATE: 14/4/25**

**EXAM SESSION: 9-11.00 AM**

**TIME: 2 HOURS**

---

**Instructions:**

- 1. Answer Question ONE (COMPULSORY) and ANY other 2 questions**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

### **QUESTION ONE**

- a) State five principles of exercise. ( 5 Marks )
- b) Differentiate between growth and development. ( 2 Marks )
- c) State two resources that can be adapted in a P.E. lesson (2 Marks)
- d) State three hormones responsible for regulation of growth and development. ( 3 Marks )
- e) List three areas in which the physiological responses to exercise occur. ( 5 marks )
- f) Briefly highlight five effects of exercise on respiratory system. (5 Marks)
- g) State five importance of a P.E lesson plan to a teacher (5 Marks)
- h) List three types of adaptations in a physical education lesson (3 Marks)

### **QUESTION TWO**

- a) Discuss the importance of warm up activities in a physical education lesson ( 10 Marks )
- b) Classify different types of games and specific warm up exercises for each. ( 10 Marks )

### **QUESTION THREE**

- a) Describe adaptation activities, resources and rules appropriate for learners with visual impairments. ( 10 Marks )
- b) Elaborately explain the pre-requisites a teacher needs to know before planning for a physical education class for learners with impairments. ( 10 Marks)

### **QUESTION FOUR**

- a) Discuss the importance of physical education on various body systems ( 10 Marks )
- b) Explain the main lesson development steps in teaching a physical education lesson to learners with special needs. ( 10 Marks )

### **QUESTION FIVE**

- a) Discuss the adaptation activities appropriate for learners with hearing impairments (10 Marks)
- b) Explain the importance of schemes of work to a physical education teacher (10 Marks)