



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
HIGHER DIPLOMA IN COMMUNITY HEALTH
END OF SEMESTER EXAMINATION 2025

UNIT CODE: HDCH 133

UNIT NAME: TEACHING AND LEARNING

DATE: 2025

TIME: Two Hours **Start:** **Finish**

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 marks)
Section B: Long Answer Questions (40 marks)

SECTION A: COMPULSORY (20 Marks)

1. Define the following terms as used in teaching and learning:
 - (a) Facilitation (2 Marks)
 - (b) Mentorship (2 Marks)
2. State **four (4)** characteristics of an effective mentor. (4 Marks)
3. Outline **four (4)** principles of adult learning that enhance participation in health education sessions. (4 Marks)
4. Identify **four (4)** types of assessment commonly used in teaching and learning. (4 Marks)

5. Mention **four (4)** benefits of Continuing Professional Development (CPD) to health practitioners. (4 Marks)

SECTION B: LONG ANSWER QUESTIONS (40 MARKS)

ANSWER ANY TWO QUESTIONS

6. You are assigned to train a group of community health volunteers on maternal and newborn health. Some trainees have no formal health background, while others have worked in the field for years.
- (a) Discuss **FIVE** principles of adult learning you would apply during the training. (10 Marks)
- (b) Explain how these principles enhance effective learning. (10 Marks)
7. A new nurse at a county referral hospital has been assigned a mentor to support her transition into clinical practice. However, both the mentor and mentee are unclear about their roles.
- (a) Explain **FIVE** importance of mentorship in professional development. (10 Marks)
- (b) Describe **FIVE** roles and responsibilities of both mentor and mentee in a successful mentorship relationship. (10 Marks)
8. During a health worker training workshop, participants complained that the facilitator dominated discussions and provided little opportunity for learner engagement.
- (a) Explain any **FIVE** facilitation weaknesses demonstrated by the trainer. (10 Marks)
- (b) Analyze **FIVE** facilitation techniques that encourage active participation and improve learning outcomes. (10 Marks)