



Sambal

Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3of UGC Act 1956, Category A by MHRD [now MoE]

Re-accredited with an A++ Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641043, Tamil Nadu, India

Continuous Internal Assessment II – October 2025

III Semester

Class: II UG

Major: Physical Education

Time : 2 hours

Max. Marks : 60

23BPEC10 Health Education

Course Outcomes:

CO 1: Identify and Understand Health and Health Education

CO 2: Apply the preventive and precautionary measures

CO 3: Evaluate the health status of peers, family and community

CO 4: Create awareness about health and hygiene

CO 5: Analyzing the Health Status to preserve the community

Part A

6 x 1 = 6

Choose the Correct Answer

- Water is a _____ disease.
(a) Contact (b) Indirect contact (c) Direct contact (d) Infectant
CO1 K1
- If any student suffering from any disease that student should _____ in schools.
(a) Isolate (b) Vaccinate (c) Disinfectant (d) Sanitate
CO2 K1
- _____ are not caused by infectious agents
(a) Communicable (b) Non communicable (c) Inflammatory (d) All the above
CO3 K2
- Which one of the below is a Non communicable disease?
(a) Mumps (b) Measles (c) Daibetes (d) Typhoid
CO2 K3
- Deficiency of nutrients is _____
(a) Malnutrition (b) Under nutrition (c) Over nutrition (d) Micro nutrition
CO3 K3
- The substances that lower the quality of food, when added to it, are called _____
(a) Adulteration (b) Food Adulteration (c) Adulterants (d) Adulterated food
CO2 K3

Part B

Answer ALL questions

Each answer should not exceed 400 words or two pages

3 x 6 = 18

- 7.a. What are the causes of infection and infectious disease .
(or)
CO3 K3
- 7.b. What are all the measures to be adopted by the school authority.
CO1 K3
- 8.a. Write about the national immunization schedule
(or)
CO2 K3
- 8.b. Differentiate communicable and non communicable diseases?
CO3 K4
- 9.a. Write the symptoms and causes of malnutrition.
(or)
CO4 K3
- 9.b. Write about Food adulteration and reasons for Food adulteration
CO1 K2

Part C

Answer ALL questions

Each answer should not exceed 800 words or four pages

3 x 12 = 36

- 10.a. Explain about the diseases caused by derangement of the digestive system
(or)
CO1 K1
- 10.b. Enumerate about the chicken pox and Whooping cough
CO1 K2
- 11.a. Enumerate about the malaria and typhoid .
(or)
CO3 K2
- 11.b. Explain about the immunity boosters for infants.
CO4 K3
- 12.a. Enumerate the diagnosis and treatment of malnutrition.
(or)
CO2 K4
- 12.b. Explain the methods, effects and prevention of Food adulteration.
CO2 K3

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