



Mavinayya

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognized by UGC under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I AUGUST - 2024

Semester - V

Class: III BSc

Major: Physical Education

Max Marks: 60

Duration: 2 hours

21BPEC23 Health Education, Safety Education and First Aid

Course Outcomes:

1. Identify and classify the various aspects of health.
2. Classify the diseases and Health issues
3. Identify the health and problems of youth and the harmful effects of using drugs etc.
4. Apply the various safety measures to be taken in schools and play fields and at home.
5. Know basic of first aid, and apply same in the play fields during injury and accident.

Part - A

Answer all the questions

1x6=6

1. What is the primary goal of health education CO3K2
a) To treat diseases b) To prevent diseases
c) To promote health d) To cure illnesses
2. Which principle of health education emphasizes the importance of involving the community in health-related decisions CO1K1
a) Individualization b) Community participation
c) Cultural sensitivity d) Holistic approach
3. What principle of health education suggests that learning is a lifelong process CO3K2
a) Continuity b) Integration
c) Comprehensiveness d) Progression
4. Which international health organization is responsible for setting global health policies and guidelines CO4K4
a) WHO b) UNICEF
c) Red Cross d) MSF
5. What is the primary harmful effect of tobacco use? CO2K3
a) Liver damage b) Heart disease
c) Respiratory problems d) All of the above
6. Who is the father of health education CO1K1
a) Auguste comte b) Friedrich Ludwig Jahn
c) Socrates of Athens d) Thomas Denison Wood

Part B

Each answer should not exceed 400 words or two pages

3x6=18

- 7(a). Write the Aims and Objectives of Health education CO3K1
(or)
(b). Write short notes on the principles of health education CO3K2
- 8(a). Define Communicable and Non-communicable diseases CO2K4
(or)
(b). Explain about sexually transmitted diseases CO3K3
- 9(a). List out the role of health education in school CO4K3
(or)
(b). Explain about any two Communicable diseases CO2K3

Part C

Each answer should not exceed 800 words or two pages 3x12=36

- 10(a). Write short notes on meaning, definition and characteristics of health education CO1K4
(Or)
(b). Write a definitions of health, health education and health supervision CO1K1
- 11(a). Describe Environmental causes affecting to physical and mental health CO2K3
(Or)
(b). Define contemporary health problems of youth with the use of drugs CO3K4
- 12 (a). Briefly explain the health organization at different levels and their operations CO1K4
(Or)
(b). Describe the role of school environmental conservation and sustainable development CO3K2

Incharge staff: Mrs. V. Bhuvaneshwari
Total no of papers: 18

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