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## 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. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test - I August 2024

III Semester

Class: II UG

Course: Physical Education

Time: 2 Hours

Max. Marks: 60

### 23BPEC10 Health Education

#### Course Outcomes:

CO1: Identify and Understand Health and Health Education

CO2: Apply the preventive and precautions measures

CO3: Evaluate the health status of peers, family and community

CO4: Create awareness about health and hygiene

CO5: Analyzing the Health Status to preserve the community

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

- Mental health of an individual is determined by his \_\_\_\_\_. CO1 K1  
(a) Physical development (b) behavior (c) Educational qualifications (d) Rapid rate of growth
- Health education delivers learning experiences on CO2 K1  
(a) Health (b) Unaccepted hereditary traits  
(c) neglected health habits (d) an in balanced physical and mental condition
- Profession of educating people about health is \_\_\_\_\_. CO3 K2  
(a) Health (b) Health Education (c) Physical Education (d) All the above
- An area of work in public health to promote and maintain highest degree of \_\_\_\_\_. CO2 K3  
(a) Deficiency disease (b) Nutritional disease (c) Energy disease (d) Health
- Physical health means \_\_\_\_\_. CO3 K3  
(a) Proper function of the system (b) Emotional fitness  
(c) Unique soul and environment (d) Having Knowledge
- Which is not projected aids of health education? CO2 K3  
a. Transparencies b. Epidiascope c. Picture d. Silhouette the slide

#### Part B

3 x 6 = 18

#### Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Write the definition and meaning of Health. CO3 K3  
OR
- 7.b. Write the need of Health. CO1 K3
- 8.a. Write the objectives of Health Education CO2 K3  
OR
- 8.b. Write the importance of Health? CO3 K4
- 9.a. Write the definition and meaning of Health Education. CO4 K3  
OR
- 9.b. What are the characteristics of Health Education? CO1 K2

#### Part C

3 x 12 = 36

#### Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. What are the components of Health Education? CO1 K1  
Or
- 10.b. Write about Current health status in India CO1 K2
- 11.a. Write about the principles of Health Education. CO3 K2  
Or
- 11.b. Explain about the importance of Health Education. CO4 K3
- 12.a. Enumerate the Districts level Health Organization. CO2 K4  
Or
- 12.b. Explain the inter relationship between the aspects of Health. CO2 K3