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**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)  
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor of Physical Education Degree Examination – December 2023**  
**I Semester**

Class: I B.P.Ed.

Time : 3 Hours  
Max. Marks : 100

**23BPDE1B Discipline Specific Elective (DSE) - I: Health Education,  
Safety Education and First Aid**

**Course Outcomes:**

- CO1: Explain the history and philosophy of public health as well as its core values, concepts and functions across the globe and in society.  
CO2: Identify the methods and tools of public health data collection, use, and analysis  
CO3: Relate the underlying science of human health and disease to opportunities for promoting and protecting health across the life course.  
CO4: Identify the socio-economic, behavioural, biological, environmental, and other factors that impact human health and contribute to health disparities.  
CO5: Apply the principles of project implementation, including planning, assessment, and evaluation in organizational and community initiatives.

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. School health programme does not include CO1 K2  
a. Health Instruction    b. Health Supervision    c. Health services    d. Health research
2. Who recommended the inclusion of skills-based health education, life skills, and child-friendly/health-promoting schools? CO2 K1  
a. NPE    b. NCF    c. NCF (2000)    d. WHO
3. Identify a way that does not prevent a non-communicable disease from occurring in someone CO1 K2  
a. Blood transfusion    b. Adequate sleep    c. Balance diet    d. Healthy diet
4. For a patient suffering from COPD, the C stand for CO2 K3  
a. Chronic    b. Cardiovascular    c. Cervical    d. Cardiac
5. Antipsychotic drugs indicates CO1 K4  
a. Schizophrenia    b. Depression    c. Delirium Tremens    d. All of the above
6. Why the risk for shin splint injury is more? CO2 K3  
a. Cycle for a longer duration    b. Have flat feet or very rigid foot arches  
c. Swim a lot    d. Have a collision in football
7. What is an ACL injury? CO1 K1  
a. It is a pain along the inside edge of the shine bone  
b. It is a tear or sprain of the anterior cruciate ligament  
c. It is the inflammation of the plantar fascia ligament  
d. It is a tear or sprain of the medial collateral ligament
8. You should use ice on a soft tissue injury after CO1 K1  
a. 15 minutes    b. 10 minutes    c. 20 minutes    d. 5 minutes
9. Which of the following are the aim of first aid? CO2 K3  
a. Preserve life and limb    b. To limit further injuries  
c. To promote recovery    d. All the above
10. Dry bandage is done CO3 K2  
a. To stop blood flow    b. In order to stop  
c. To prevent wound    d. To apply pressure to the wound

**Part B**                      **5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

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|--|--------|
| 11.a. List down the importance and principles of health education.       | CO1 K1 |
| (or)   |        |
| 11.b. Define health and classify them.                                   | CO2 K1 |
| 12.a. Label communicable diseases and brief any two.                     | CO3 K2 |
| (or)   |        |
| 12.b. Employ personal and environmental hygiene for schools.             | CO4 K3 |
| 13.a. Prepare safety measures of building and playfield in school.       | CO5 K3 |
| (or)   |        |
| 13.b. Write down the need and importance of safety education in schools. | CO4 K2 |
| 14.a. Determine health appraisal and health record in schools.           | CO3 K4 |
| (or)   |        |
| 14.b. Trace WHO and its functions.                                       | CO2 K2 |
| 15.a. Incorporate types of first aid.                                    | CO3 K4 |
| (or)   |        |
| 15.b. Point out first aid box sites articles.                            | CO2 K2 |

**Part C**                      **5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

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|--|--------|
| 16.a. Enumerate inter relationship of various aspects of health.                       | CO1 K1 |
| (or)   |        |
| 16.b. Summarize the role of health education in school.                                | CO2 K1 |
| 17.a. Establish contemporary health problems of youth and give a solution for it.      | CO2 K3 |
| (or)   |        |
| 17.b. Outline health organization at international level and their organization.       | CO2 K4 |
| 18.a. Make sense out of health education programs in schools.                          | CO2 K3 |
| (or)   |        |
| 18.b. Employ safety education for teachers and physical education teachers at schools. | CO3 K4 |
| 19.a. Prioritize emergency treatment for drowning, snake bite and fracture.            | CO5 K4 |
| (or)   |        |
| 19.b. Demonstrate the artificial respiration.  | CO3 K3 |
| 20.a. Classify drugs and their harmful effects.  | CO3 K2 |
| (or)   |        |
| 20.b. Formulate the role of school in environmental conservation.                      | CO4 K5 |

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