



**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.CGPA 3.65/4, Category I by UGC  
Coimbatore-641 043, Tamil Nadu, India

**Continuous Internal Assessment – I August 2024**

**Class: II BEd**  
**Major: Education**

**Time: 2 Hours**  
**Max Marks: 60**

**23BPDGE2 – Health Care and Fitness**

**Course Outcomes:**

- CO 1: Identify and Understand Health and Health Education
- CO 2: Apply the preventive and precautionous 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**

**Answer all the Questions**

**6 x 1 = 6**

1. Which of the following diseases is not caused by bacteria? CO1K1  
(a) Typhoid (b) Poliomyelitis  
(c) Tuberculosis (d) All of the above
  
2. Cleanliness, physical exercise, rest and sleep are a part of \_\_\_\_\_. CO1K1  
(a) Hygiene (b) Social hygiene  
(c) Personal hygiene (d) None of the above
  
3. The World Health Day is celebrated on \_\_\_\_\_. CO2 K3  
(a) 1st March (b) 7th April  
(c) 6th October (d) 10th December
  
4. 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
  
5. 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
  
6. What is the primary harmful effect of tobacco use? CO2K3  
(a) Liver damage (b) Heart disease  
(c) Respiratory problems (d) All of the above

**Part B**

**Each answer should not exceed 400 words or two pages 3x6=18**

- 7a). Write the Aims and Objectives of Health education CO3K1

(or)

b). Write short notes on the principles of health education CO3K2

8a). Define Communicable and Non-communicable diseases CO2K4

(or)

b). Explain about sexually transmitted diseases CO3K3

9a). 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

10a). 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

11a). 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

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