



**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 [now MoE]  
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC  
Coimbatore – 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I – August 2025**  
**III Semester**

**Class : II Bsc**  
**hours**

**Time : 2**

**Major: Physical Education**

**LD**  
**23BPEC28 Health Education**

**Max.marks:60**

**Course Outcomes:**

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

1. Mental health of an individual is determined by his \_\_\_\_\_.  
(a) Physical development (b) behavior  
(c) Educational qualifications (d) Rapid rate of growth CO1K1
2. Health education delivers learning experiences on \_\_\_\_\_.  
(a) Health (b) Unaccepted hereditary traits  
(c) neglected health habits (d) an in balanced physical and mental condition CO2K1
3. Profession of educating people about health is \_\_\_\_\_.  
(a) Health (b) Health Education (c) Physical Education (d) All the above CO3K2
4. An area of work in public health to promote and maintain highest degree of \_\_\_\_\_.  
(a) Deficiency disease (b) Nutritional disease (c) Energy disease (d) Health CO2K3
5. Physical health means \_\_\_\_\_.  
(a) Proper function of the system (b) Emotional fitness  
(c) Unique soul and environment (d) Having Knowledge CO3K3
6. Which is not projected aids of health education?  
(a) Transparencies (b) Epidiascope (c) Picture (d) Silhouette slide CO2K3

**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. CO3K3  
(or)
- 7.b. Write the need of Health. CO1K3
- 8.a. Write the objectives of Health Education CO2K3  
(or)
- 8.b. Write the importance of Health? CO3K4
- 9.a. Write the definition and meaning of Health Education. CO4K3  
(or)
- 9.b. What are the characteristics of Health Education? CO1K2

**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? CO1K1  
(or)
- 10.b. Write about Current health status in India CO1K2
- 11.a. Write about the principles of Health Education. CO3K2  
(or)
- 11.b. Explain about the importance of Health Education. CO4K3
- 12.a. Enumerate the Districts level Health Organization. CO2K4  
(or)
- 12.b. Explain the inter relationship between the aspects of Health. CO2 K3

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**Name of the Staff Incharge: Dr.S.Akilandeswari**

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