



**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**

**Continus Internal Assessment – I (September 2021)**

Class : III Bsc

Time : 2 hours

Major: Physical Education

Max.marks :60

**18BPEC23 - Health Education, Safety Education and First Aid**

Course Outcomes:

CO1 : Identify and classify the various aspects of health.

CO2 : Classify the diseases and Health issues

CO3 : Identify the health problems of youth and the harmful effects of using drugs etc

CO4 : Apply the various safety measures to be taken in schools and playfields and at home.

CO5: Know basics of first aid, and apply same in the play fields during injury and accident.

**Part A**

**6 x 1 =6**

**Choose the Correct Answer**

1. Mental health of an individual is determined by his CO1 K1  
(a) Physical development (b) behavior (c) Educational qualifications (d) Rapid rate of growth
2. You are susceptible to emotions because CO2 K1  
(a) a deficiency in the brain (b) Unaccepted hereditary traits (c) neglected health habits  
(d) an in balanced physical and mental condition
3. Diets high in fiber have shown decreased risk of CO3 K2  
(a) Obesity (b) High cholesterol (c) Energy disease (d) All the above
4. The disease caused due to the lack of one or more nutrients in the diet is called CO2 K3  
(a) Deficiency disease (b) Nutritional disease (c) Energy disease (d) None
5. Physical health means \_\_\_\_\_ CO3 K3  
(a) Proper function of the system (b) Emotional fitness  
(c) Unique soul and environment (d) Having Knowledge
6. Which is not projected aids of health education? CO2 K3  
a. Transparencies b. Epidiascope c. Picture d. Silhouette slide

**Part B** **3 x 6 = 18**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

- 7.a. Define :- Health education CO3 K3  
(or)  
7.b. Write any two goals of Health Education CO1 K3  
8.a. Write any four Importance of Health Education CO2 K3  
(or)  
8.b. What are the Health Organizations? CO3 K4  
9.a. Meaning of Health Education CO4 K3  
(or)  
9.b. What are the Harmful effect of Drugs? 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 characteristics 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. Write a notes on Sexually transmitted diseases CO4 K3  
12.a. Enumerate the Districts level Health Organization CO2 K4  
(or)  
12.b. Explain the causes and effect of physical and mental health CO2 K3

\*\*\*\*\*