

Avinashilingam Institute for Home Science and Higher Education for women
Coimbatore – 641 043
Continuous Internal Assessment Test I – October 2020

Class : III BSc
Major: Physical Education

Max.marks :30

18BPEC23- Health Education, Safety Education and First Aid(Self Study)

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

Circle the Correct Answer

6x1=6

1. Mental health of an individual is determined by his CO3 K1
(a) Physical development (b) Behaviour (c) Educational qualifications (d) Rapid rate of growth
2. The susceptible to emotions because CO2 K2
(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 fibre have shown decreased risk of CO4 K3
(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 CO3 K1
(a) Deficiency disease (b) Nutritional disease (c) Energy disease (d) None
5. Physical health means _____ CO1 K2
(a) Proper function of the system (b) Emotional fitness
(c) Unique soul and environment (d) Having Knowledge
6. The Ozone hole is because of Cholo-fluro carbon released from CO3 K2
a. Refrigerators and Perfumes b. Mixie and Grinder
c. Induction Stove d. Iron box & laptop

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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| 7. What are the characteristics of Health Education? | CO2 K3 |
| 8. Write about Current health status in India? | CO2 K1 |
| 9. Write about the principles of Health Education? | CO4 K2 |
| 10. What are the Health Organizations? | CO1 K2 |

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

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| 11. What are the difference between the Communicable and non- Communicable diseases ? | CO2 K1 |
| 12. Explain the causes and effect of physical and mental health | CO1 K2 |