



K. Sambal

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's Degree Examination – November 2024

III Semester

Class: II UG
Major: Physical Education

Time: 3 Hours
Max. Marks: 100

23BPEC10 Health Education

Course Outcomes:

- CO1: Identify and Understand Health and Health Education
- CO2: Apply the preventive and precautions measures
- CO3: Evaluate the health status of peers, family and community
- CO4: Create awareness about health and hygiene
- CO5: Analyzing the Health Status to preserve the community

Part A

10 x 1 = 10

Choose the Correct Answer

1. Physical health can influence mental health by CO1 K2
 - a. Reducing stress levels
 - b. Increasing social media usage
 - c. Increasing sedentary activities
 - d. Neglecting sleep
2. Physical health can influence mental health, as regular exercise and a balanced diet can improve _____ well-being. CO3 K3
 - a. Emotional
 - b. Financial
 - c. Occupational
 - d. Academic
3. Effective health education programs are _____ and tailored to the specific needs of the audience. CO2 K2
 - a. Generic
 - b. Dynamic
 - c. Static
 - d. Unfocused
4. Health educators must respect _____ and ensure that materials and programs are accessible to all CO1 K4
 - a. Individual autonomy
 - b. Technological advancement
 - c. Government policies
 - d. Professional hierarchy
5. Immunity can be boosted naturally by consuming foods rich in _____, such as citrus fruits and green vegetables. CO3 K4
 - a. Carbohydrates
 - b. Vitamin C
 - c. Protein
 - d. Fatty acids
6. Precautionary measures, such as wearing masks and washing hands, are essential in preventing the spread of _____ diseases. CO2 K3
 - a. Non-Communicable
 - b. Chronic
 - c. Communicable
 - d. Genetic
7. The primary goal of environmental health is to prevent _____ that could harm human health. CO3 K2
 - a. Dietary Deficiencies
 - b. Environmental Exposures
 - c. Social Inequalities
 - d. Economic Disparities
8. The government of India has introduced various programs such as _____ to improve public health and provide better healthcare coverage. CO4 K2
 - a. Swachh Bharat Mission
 - b. PradhanMantri Jan Arogya Yojana
 - c. Make in India
 - d. Digital India
9. Health education in schools is essential for preventing the _____ of tobacco, alcohol, and other drugs among students. CO2 K2
 - a. Production
 - b. Usage
 - c. Distribution
 - d. Advertisement
10. Health supervision refers to the _____ of health practices and interventions to ensure they are effective and appropriate. CO1 K2
 - a. Neglect
 - b. Observation
 - c. Avoidance
 - d. Mismanagement

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the concept of health as defined by the World Health Organization (WHO). CO2 K2
(or)
- 11.b. What are the main aims and objectives of health education programs? CO1 K3
12. a. Write the Meaning and Definitions of Health Education? CO3 K4
(or)
- 12.b. List out the principles of health education. CO2 K3
- 13.a. Write the different types of malnutrition? CO2 K2
(or)
- 13.b. Explain the issue of food adulteration and its impact on public health. CO3 K4
- 14.a. Write the role of health education in promoting personal health among school students. CO5 K3
(or)
- 14.b. How can health education programs effectively raise awareness and reduce substance abuse? CO4 K4
- 15.a. Explore the impact of peer influences on health behaviours among adolescents. CO4 K3
(or)
- 15.b. Explain the role of health supervisor in maintaining public health. CO3 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Examine the inter relationship between physical, mental, social, emotional and spiritual aspects of health. CO2 K2
(or)
- 16.b. What are the strengths and weaknesses of the healthcare system, and what improvements are needed? CO3 K4
- 17.a. Discuss the importance of health education in today's society. CO2 K2
(or)
- 17.b. What are some common challenges faced in the field of health education? CO3 K2
- 18.a. Explain the causes and effect of overweight and obesity. CO2 K2
(or)
- 18.b. Discuss the key strategies for controlling and preventing communicable diseases. CO3 K3
- 19.a. Explain the importance of implementing a comprehensive health education program in schools. CO4 K2
(or)
- 19.b. Analyze the significance of environmental health education in schools. CO5 K4
- 20.a. Describe the role of health instruction in promoting wellness among individuals and communities. CO3 K3
(or)
- 20.b. Evaluate the effects of mobile device usage and media consumption on physical and mental health. CO3 K4