



*Sambal*

## Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd.u/s 3of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore-641043, Tamil Nadu, India

### Bachelor's Degree Examination – November 2025

#### 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 precautionous 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. The primary aim of health is to: CO1K1
  - a. Prevent diseases only
  - b. Promote wellness and quality of life
  - c. Provide free medical services
  - d. Ensure a balanced diet
2. Which of the following is a major challenge in the current health status of India? CO2K2
  - a. Low birth rate
  - b. High literacy rate
  - c. Communicable & non-communicable diseases
  - d. Lack of mobile phones
3. One of the key principles of Health Education is: CO2K2
  - a. Compulsion
  - b. Participation and motivation of people
  - c. Punishment for unhealthy practices
  - d. Free distribution of medicine
4. Which of the following is an objective of Health Education? CO3K2
  - a. To motivate people to adopt healthy lifestyles
  - b. To cure diseases permanently
  - c. To increase hospital admissions
  - d. To control population growth only
5. Which of the following is a communicable disease? CO3K1
  - a. Diabetes
  - b. Tuberculosis
  - c. Hypertension
  - d. Cancer
6. Overweight and obesity are mainly caused by: CO2K2
  - a. Lack of sleep
  - b. Excess calorie intake and physical inactivity
  - c. Drinking excess water
  - d. Taking vaccines
7. Safety education in schools mainly includes: CO1K2
  - a. First aid, road safety, and accident prevention
  - b. Teaching mathematics
  - c. Preparing for medical entrance exams
  - d. Industrial policies
8. Personal health education in schools mainly emphasizes: CO1K3
  - a. Balanced diet, hygiene, and healthy habits
  - b. Business training
  - c. Industrial safety rules
  - d. Advanced medical treatment
9. Body Mass Index is primarily used to assess: CO3K2
  - a. Physical fitness levels
  - b. Weight category
  - c. Mental health condition
  - d. Lung capacity
10. Health supervision in schools mainly refers to: CO4K2
  - a. Diagnosing and treating diseases only
  - b. Observing and guiding the health status of children
  - c. Enforcing strict discipline in classrooms
  - d. Providing sports training to students

**Part B****5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 11.a. Write the aims and objectives of health. CO3K2  
(or)
- 11.b. Write short notes on: a) Physical health b) Mental health c) Social health CO1K2
- 12.a. Write any five characteristics of Health Education. CO4K2  
(or)
- 12.b. Differentiate between Health Education and Medical Treatment. CO3K3
- 13.a. What are the major causes of overweight and obesity? Suggest preventive measures. CO3K3  
(or)
- 13.b. Define malnutrition and explain its effects on children. CO2K2
- 14.a. Write short notes on need of health education in schools. CO3K1  
(or)
- 14.b. What are the importance of first aid education for school children? CO3K2
- 15.a. Explain any five objectives of health supervision in schools. CO4K2  
(or)
- 15.b. Write the importance of BMI in health assessment of school children. CO4K2

**Part C****5 x 12 = 60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 16.a. Discuss the various components of health with suitable examples. CO3K3  
(or)
- 16.b. Discuss the role of government and health services in improving the health status of India. CO2K1
- 17.a. Discuss the Role of Health Education in Schools and Community Development. CO4K2  
(or)
- 17.b. Describe the objectives and principles of Health Education. CO1K1
- 18.a. Explain the differences between Communicable and Non-Communicable Diseases. CO2K3  
Discuss their preventive measures with suitable examples.  
(or)
- 18.b. Explain the importance of Mental Health in modern society. What are the causes of poor mental health, and how can it be improved? CO3K3
- 19.a. Discuss the role of physical activity in the overall health and development of school children. CO2K3  
(or)
- 19.b. Explain the role of health education in preventing tobacco, alcohol, and drug abuse among school children. CO3K2
- 20.a. Explain the importance of health instruction in schools for the overall development of children. CO2K4  
(or)
- 20.b. Explain the impact of mobile usage and social media on the mental health of students. CO3K4

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