

Avinashilingam Institute for Home Science and Higher Education for women

Coimbatore – 641 043

Continuous Internal Assessment Test I – August 2018

Class : III Bsc

Time : 2 hours

Major: Physical Education

Max marks :60

15BPPEC23 - Health Education, Safety Education and First Aid

PART – A

Circle the Correct Answer

5x1=5

1. Mental health of an individual is determined by his
(a) Physical development (b) behavior (c)
Educational qualifications (d) Rapid rate of growth (c)
2. You are susceptible to emotions because
(a) a deficiency in the brain (b) Unaccepted hereditary traits (b)
(c) neglected health habits (d) an in balanced physical and mental condition
3. Diets high in fiber have shown decreased risk of
(a) Obesity (b) High cholesterol (b)
(c) Energy disease (d) All the above (b)
4. The disease caused due to the lack of one or more nutrients in the diet is called
(a) Deficiency disease (b) Nutritional disease (c)
(c) Energy disease (d) None (c)
5. Physical health means _____ (a)
(a) Proper function of the system (b) Emotional fitness (b)
(c) Unique soul and environment (d) Having Knowledge (d)

PART - B

Answer the following in one or two sentence

5x2=10

6. Define :- Health education
7. Write any two goals of Health Education
8. Write any four Importance of Health Education
9. What are the Health Organizations?
10. Meaning of Health Education

PART - C

Answer the following (one page)

3x5=15

- 11 (a) What are the characteristics of Health Education?
(or)
(b) Write about Current health status in India
- 12 (a) Write about the principles of Health Education
(or)
(a) What are the Harmful effect of Drugs?
- 13 (a) Write a notes on Sexually transmitted diseases
(or)
(a) Enumerate the Districts level Health Organization

PART- D

Answer the following (six pages)

2x15=30

14. (a) What are the difference between the Communicable and non- Communicable diseases
(or)
(b) Explain the causes and effect of physical and mental health
15. (a) What are the cotemporary health problems among youth
(or)
(b) Explain the Community participation in health programmes