

(6 pages)

Reg. No. : .....

Code No. : 10800 E Sub. Code : EEPE 21

B.Sc. (CBCS) DEGREE EXAMINATION,  
APRIL 2024.

Second Semester

Physical Education

*Elective* — HEALTH EDUCATION, SAFETY  
EDUCATION AND FIRST AID

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer.

1. Which one of the following is NOT the determinant of health?
  - (a) Genetics
  - (b) Behavior
  - (c) Culture
  - (d) Age

2. Which one of the following is appointed to provide health services in villages?
  - (a) Health guide
  - (b) Health worker
  - (c) Doctor
  - (d) All the above
3. Which one of the following does NOT prevent a non-communicable disease from occurring in someone?
  - (a) Blood transfusion
  - (b) Adequate sleep
  - (c) Balanced diet
  - (d) Healthy diet
4. In which year, the Central Pollution Control Board initiated its own National Ambient Air Quality Monitoring (NAAQM) programme?
  - (a) 1984
  - (b) 1997
  - (c) 1993
  - (d) 1950
5. Which one of the following is the objective of health education?
  - (a) Awareness, interest and adoption
  - (b) Information, motivation and guiding into action
  - (c) Interest, participation and reinforcement
  - (d) Evaluation, motivation and implementation

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6. Which is the best mass method of health education?
- (a) Demonstration
  - (b) Exhibition
  - (c) Symposium
  - (d) Role play
7. Which one of the following plays a vital role in maintaining the quality of performance of the health providers and the services?
- (a) Health instruction
  - (b) Health education
  - (c) Health supervision
  - (d) Health services
8. The aims and objectives of health instruction include
- (a) The structure and functioning of the body,
  - (b) The causes and methods of preventing certain diseases,
  - (c) The factors responsible to maintain good health and hygiene and
  - (d) All the above

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9. Injury occurring due to friction is called
- (a) Bruises
  - (b) Contusion
  - (c) Abrasion
  - (d) Muscles
10. The number of categories in sports injuries are
- (a) 2
  - (b) 5
  - (c) 4
  - (d) 3

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the concept health.
- Or
- (b) Describe the scope of health.
12. (a) Explain the term environmental pollution.
- Or
- (b) Mention any five nutrient deficiencies.
13. (a) What is meant by healthy eating?
- Or
- (b) Explain the importance of personal health.

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14. (a) Describe the aims and objectives of health instruction.

Or

- (b) Write a note on comprehensive health education.

15. (a) What is the need for safety education in physical education?

Or

- (b) Explain the causes and symptoms of laceration.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Evaluate the determinants of health.

Or

- (b) Analyse the principles of health.

17. (a) Explain the causes and symptoms of communicable diseases.

Or

- (b) How can you prevent the mental disorder?

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18. (a) Examine the scope of health education.

Or

- (b) Discuss methods to prevent drug abuses in schools.

19. (a) Assess the personal and peers health risk taking.

Or

- (b) Analyse the effect of family, peers, culture and media on health behaviour.

20. (a) Explain the safety measures during matches.

Or

- (b) Describe the types of bleeding.
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