

2020

HEALTH EDUCATION AND SPORTS NUTRITION

Paper: MPCC-303

Full Marks: 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words

as far as practicable.

Answer all questions

1. Write the concept of Health. Describe different dimensions of Health? State the spectrum of Health. 2+9+4

Or,

What is Health Education? What are the different principles of Health Education? Describe the dimensions Mental Health. 2+7+6

2. What do you mean by hypokinetic diseases? Enlist the different measures to be taken against Diabetes. What are the different types of Cardio vascular disease? Discuss any one of the Cardio vascular disease with its prevention as special emphasis. 2+5+2+6

Or,

Explain the degenerated diseases. How you can manage Arthritis and Spondylosis? Enumerate the problems of unhealthy school environment. Discuss the managing procedures of them. 2+(3+3)+4+3

3. What is hygiene? What are the different types of hygiene? Describe Personal hygiene and Domestic hygiene. 2+3+5+5

Or,

What is lifestyle management? Describe the pattern of healthy lifestyle. What are the effects of exercise and diet to manage the diseases arises from unhealthy lifestyle? 2+5+4+4

Please Turn Over

(2)

4. Write short notes on the following (any two)

7.5x2

- a) Healthy lifestyle
- b) Obesity
- c) Role of micro nutrients
- d) Balance diet

5. Answer the MCQs by choosing the right option from the following and write it on your answer script (any ten):

1x10

(i) The components of school health programme are

- a) Health service,
- b) Health instruction,
- c) Health supervision,
- d) All the above

(ii) The organization which is not engaged in health development

- a) Indian Olympic Association,
- b) World health organization,
- c) UNICEF,
- d) St. Johns

(iii) Which one is not included in spectrum of health?

- a) Death,
- b) weakness,
- c) moderate health,
- d) positive health

iv) Which one of the following is not included as the determinants of health

- a) Physical,
- b) mental,
- c) Social,
- d) Political

v) One of the main influential factors of Social health is

- a) Family,
- b) economic condition,
- c) transport,
- d) physical health

Please Turn Over

(3)

vi) The objective of health education include

- a) Academic career,
- b) provide information about health,
- c) employment generation,
- d) treatment

vii) Which one of the following is the BMI score that indicates onset of obesity?

- a) 15
- b) 20
- c) 25
- d) 30

viii) Which one of the following is an example of health screening?

- a) Measuring endurance,
- b) Measuring strength,
- c) Measuring speed,
- d) Measuring blood pressure

ix) Which one of the following food contains high fats?

- a) Oranges,
- b) Red meat,
- c) Bread,
- d) Tomatoes

x) Personal hygiene not consider

- a) National health,
- b) Proper diet,
- c) Disease prevention,
- d) Personal care

xi) Balance diet means:

- a) Proper food,
- b) Proper quality of food,
- c) Proper proportion, quantity and quality of food,
- d) All the above

xii) Weight management is

- a) maintaining proper weight,
 - b) maintaining weight with activity
 - c) slimming
 - d) muscular build
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