

2022

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.*

1. What do you mean by Health Education? What are the factors that influence the health of an individual? Describe any two dimensions of Health Education. 3+6+6

Or,

Define occupational health. Identify the major health problems related to occupation and enlist general measures to be adopted in preventing them. 3+12

2. Explain the role played by a school in developing healthy individuals and healthful environment through Physical Education programme. 15

Or,

What are the main objectives of Central Council of Health? Mention the names of two departments of the Ministry of Health and Family Welfare. What are the preventive measures to be taken to stay away from Spondylosis? 5+2+8

3. List the health problems that can be prevented by maintaining good personal hygiene. Write down the important health measures to prevent hypertension. Enlist the evil effects of smoking on the physical and mental health of the smoker. 7+4+4

Or,

Differentiate between food, diet and nutrition. Explain different constituents of a balanced diet along with their functions in human body. 5+10

4. Write short notes on the following (*any two*): 7½×2
- (a) Role of micronutrients on health
 - (b) Safeguarding against Arthritis by exercise
 - (c) Role of diet in weight management
 - (d) BMI and health status.

Please Turn Over

5. Answer the MCQs by choosing the right option from the following and write it on your answer script
(any ten) : 1×10

- (a) All of the following are the lifestyle diseases except
- (i) Diabetes Type 2
 - (ii) Obesity
 - (iii) Cholera
 - (iv) Osteoporosis.
- (b) Which of the following are the sources of energy?
- (i) Vitamins and Minerals
 - (ii) Proteins and Vitamins
 - (iii) Carbohydrates and Fats
 - (iv) Proteins and Minerals.
- (c) Body building food is also known as
- (i) Catabolic food
 - (ii) Anabolic food
 - (iii) Metabolic food
 - (iv) All of these.
- (d) According to ICMR Adult Protein requirements per kg of body weight is
- (i) 1 gm
 - (ii) 2 gm
 - (iii) 0.5 gm
 - (iv) 10 gm.
- (e) Which of the following does not occur with increasing age?
- (i) Reduction in lean body mass
 - (ii) Reduction in bone density
 - (iii) Increased appetite
 - (iv) Impaired immune function.
- (f) What is a major limitation of using BMI as a method of body fat measurement?
- (i) It is not an accurate measure for average people.
 - (ii) It is not more accurate than height-weight tables.
 - (iii) It does not distinguish between fat and fat free mass.
 - (iv) All of the above.
- (g) Which lifestyle disease is related to heart attack, atherosclerosis and high blood pressure?
- (i) Cancer
 - (ii) Cardiovascular disease (CVD)
 - (iii) Type 1 Diabetes
 - (iv) Type 2 Diabetes.
- (h) What nutritional strategies will not improve performance during prolonged endurance type exercise?
- (i) Carbohydrate loading
 - (ii) Tapering
 - (iii) The classic glycogen loading
 - (iv) Exogenous carbohydrate ingestion during exercise.
- (i) The World Health Day is celebrated on
- (i) 1st March
 - (ii) 7th April
 - (iii) 6th October
 - (iv) 10th December.

- (j) Diseases that spread from one person to another are called :
- (i) Communicable diseases
 - (ii) Degenerative diseases
 - (iii) Non-communicable diseases
 - (iv) None of these.
- (k) Which of the following diseases is an example of non-communicable diseases?
- (i) Cancer
 - (ii) Diabetes
 - (iii) Hypertension
 - (iv) All of these.
- (l) Alzheimer's Disease and Osteoporosis are examples of :
- (i) Communicable diseases
 - (ii) Degenerative diseases
 - (iii) Non-communicable diseases
 - (iv) None of these.
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