

**2023**

**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. Explain the concept of Health and describe different determinants of health. Define Health Education and write down the different principles of Health Education. 3+4+2+6

**Or,**

Explain the spectrum of health. How do you relate Population health with Social health? 8+7

2. What are the hypokinetic diseases? Describe the causes of Diabetes and its prevention. What is the meaning of degenerative diseases? 2+6+3+4

**Or,**

Write a note on school health programme and describe its effectiveness. What are the main objectives of World Health Organization? 5+4+6

3. Explain the meaning of Hygiene. How does personal hygiene affect the health status of an individual? Describe the effect of drinking alcohol on physical health. 3+6+6

**Or,**

Enlist the different components of lifestyle management. Discuss the ill effects of high blood pressure and negative stress. How can you manage them? 5+5+5

4. Write short notes on the following (*any two*) : 7½×2
- (a) Macro and Micronutrients
  - (b) Diet chart and its importance on health
  - (c) Healthy lifestyle
  - (d) Role of exercise in weight management.

**Please Turn Over**

5. Answer the following questions by selecting the right option and write it on your answer script (**any ten**):  
1×10

- (a) Health is considered as :
- (i) Absence of diseases
  - (ii) Physical well-being
  - (iii) Mental happiness
  - (iv) All of these.
- (b) The components of health programme include :
- (i) Health service
  - (ii) Health instruction
  - (iii) Health supervision
  - (iv) All of these.
- (c) The organization which is not engaged in health promotion is :
- (i) Indian Olympic Association
  - (ii) World Health Organization
  - (iii) UNICEF
  - (iv) St. John's Ambulance.
- (d) Which of the following is not included in the spectrum of health?
- (i) Death
  - (ii) Weakness
  - (iii) Moderate health
  - (iv) Positive health.
- (e) Which of the following is not included as one of the determinants of health?
- (i) Physical
  - (ii) Mental
  - (iii) Social
  - (iv) Political.
- (f) One of the main influential factors of Social health is
- (i) Family
  - (ii) Economic condition
  - (iii) Transport
  - (iv) Physical Health.
- (g) Components of carbohydrates include :
- (i) Carbon, Hydrogen and Oxygen
  - (ii) Carbon, Hydrogen and Nitrogen
  - (iii) Carbon, Oxygen and Nitrogen
  - (iv) Oxygen, Nitrogen and Hydrogen.
- (h) Nutrient not digested properly but required for the removal of waste from the body :
- (i) Vitamins
  - (ii) Minerals
  - (iii) Fibres
  - (iv) Water.
- (i) In health education, what is the fundamental principle to start?
- (i) Known to unknown
  - (ii) Earlier to the recent
  - (iii) Voluntary to involuntary
  - (iv) Ancient to modern.
- (j) According to WHO, the main focus of health concept is :
- (i) Physical health
  - (ii) Freedom from diseases
  - (iii) Health as a sense of total well-being
  - (iv) Mental health.

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- (k) Which of the following is not commonly considered to be part of the public health function by the community pharmacists?
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|-------------------|------------------------|
| (i) Sign-posting  | (ii) Health promotion  |
| (iii) Compounding | (iv) Diabetes testing. |
- (l) The condition of weight loss and muscle atrophy in severe illness is known as :
- |                |                   |
|----------------|-------------------|
| (i) Pyrexia    | (ii) Rickettsiaea |
| (iii) Cachexia | (iv) Porphyria.   |
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