

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2080

Level: B.Ed. / III Semester

Sub: Foundation of Health Promotion (HEP 433/ 333)

Roll No:

Group 'A'

10 × 1 = 10

Tick (✓) the best answers.

1. Which one of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'?
 - a. Charter of the United Nations (1945)
 - b. Ottawa Charter (1986)
 - c. Tokyo Charter (1946)
 - d. None of these
2. Which one approach to health promotion is based on the assumption that humans are rational decision-makers? This approach relies heavily upon the provision of information about risks and benefits of certain behaviors.
 - a. Biomedical approach.
 - b. Behavior change approach
 - c. Community development approach
 - d. None of these
3. Which one of the followings was first implemented according to the concept of setting approach?
 - a. Health promoting school
 - b. Healthy city project
 - c. Healthy home and families
 - d. Healthy work place
4. Which one of the following activities is directly related to creating supportive social psychological environment and reducing stress in workplace health promotion?
 - a. Occupational health and safety
 - b. Volunteer health practices
 - c. Awareness and educational for health
 - d. Organization environment/ change

5. For the education of the general public most potent media is.....
 - a. TV
 - b. Radio
 - c. Newspaper
 - d. Health magazines
6. Which one is the best mass method of health education?
 - a. Demonstration
 - b. Exhibition
 - c. Role playing
 - d. Symposium
7. Source, message and receiver are three elements of communication in the model developed by
 - a. Aristotle
 - b. Sanons
 - c. Schranm
 - d. Wever
8. Which one is the best way of changing the behavior?
 - a. Incentives
 - b. Internalization
 - c. Identification
 - d. Enforcement
9. In case of an electric fire, we have to use ...
 - a. N2S
 - b. CO2
 - c. SO2
 - d. CL2
10. Which of the following is not element of theory?
 - a. Concept
 - b. Construct
 - c. Structure
 - d. Variable