

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2080

Level: B.Ed. / III Semester

Time: 3.00 hrs

FM: 60

PM: 30

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

Candidates are required to give their answers in their own words as far as practicable.

Attempt All the Questions:

Group "B"

6×5 = 30

1. Describe the meaning and principles of health promotion.
2. What are the approaches to health promotion? Describe them.
3. What is the meaning of theory and model? Explain the roles of theory and model in health promotion.

Or

What is adult education? Discuss the importance of adult education.

4. Explain the contribution of health education to health promotion
5. Describe the concept and component of Beattie's health promotion model
6. Discuss concept of strategies and methods of health promotion.

Or

What is media advocacy and social marketing?

Group "C"

2×10 = 20

7. Mention the role of health education in the prevention of disease and health belief model can change people's health behavior how?

8. Discuss the role of mass media and communication in health promotion.

Or

Describe the types of settings for health promotion. What should be done for practicing work place health promotion effectively?

THE END

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Roll No:

Group 'A'

10 × 1 = 10

Tick (✓) the best answers.

1. Which one of the followings is closely related to the concept of health promotion stated Ottawa Charter?
 - a. Social capital
 - b. Behavior change
 - c. Environment
 - d. Health literacy
2. Why is health field concept linked with health promotion?
 - a. It was new perspective of health
 - b. It provides analytical framework
 - c. It guides health policy
 - d. It includes environment and lifestyle in health policy and programmed.
3. Which one of the following approaches emphasizes on health-related Knowledge Attitude and practice (KAP) in health Promotion Practices?
 - a. Medical Approach
 - b. Empowerment Approach
 - c. Educational Approach
 - d. Social Change Approach
4. Most important level of living is....
 - a. education
 - b. health
 - c. housing
 - d. wealth
5. 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

6. What should be done at first for establishing health promotion in schools?
 - a. Developing health promoting school charter
 - b. Establishing agreed goals and strategies
 - c. Developing supportive government policy for HPS
 - d. Achieving administrative support for HPS.
7. Which one of the followings is not the feature of health promotion?
 - a. Health promotion is both science and art.
 - b. Health promotion is directed toward the specific determinant of health.
 - c. Health promotion is multi-disciplinary and multi-professional efforts
 - d. Health promotion is social and political process.
8. Which one of the approaches to health promotion views health as the absence of diseases or disorders?
 - a. Preventive
 - b. Behavior change
 - c. Empowerment
 - d. Educational
9. Which one of the followings is not an element of theory?
 - a. concept
 - b. construct
 - c. structure
 - d. variable
10. What is to the level of literacy called in which an individual is able to read consent forms, medicine labels and health care information given by physicians?
 - a. Functional health literacy
 - b. communicative health literacy
 - c. critical health education
 - d. conceptual health literacy