

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2080

Level: B.Ed. / I Semester

Time: 3.00 hrs.

FM: 60

PM: 30

Sub: Foundation of Health (HEP 414/315)

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

Attempt All the Questions:

Group "B"

6×5 = 30

1. What is health and disease? Explain its traditional and contemporary concept.
2. Discuss the influencing factors of health.
3. Explain the purpose and importance of health education.

Or

Explain the meaning, types and basic principles of motivation.

4. What is communication? Explain its elements and types.
5. List out the methods of health education and describe any one of them.
6. Discuss the types of materials and media in health education. With illustration.

Or

Explain the implementing process of planning.

Group "C"

2×10 = 20

7. List out the theories of health and disease. Describe about ancient theories.
8. Discuss the basic foundations of health in short.

Or

Explain the health education planning cycle.

THE END

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Roll No:

Group 'A'

10 × 1 = 10

Tick (✓) the best answers.

1. Which of the following is considered as contemporary view of health?
 - a. A condition of soundness of leaving organism.
 - b. Prefect health is an utopian creation of human mind.
 - c. Freedom from sickness and decay
 - d. Health is the state or condition when one feels weak.
2. Which of the following theories dose non come under modern theory of health?
 - a. Germ theory
 - b. Magnetic theory
 - c. Stress theory
 - d. Epidemiological theory
3. Which is the fourth stage of health and disease spectrum?
 - a. Normal stage of health
 - b. Unrecognized sickness
 - c. Better health
 - d. Mild sickness
4. Which of the following comes under cultural factors that influence the health of the people?
 - a. Religion
 - b. Income
 - c. Education
 - d. Job
5. Which of the following area of philosophy deals with the study of beauty?
 - a. Axioiogy
 - b. Ethics
 - c. Metaphysics
 - d. Aesthetics
6. Which of the following factors is not influencing perception?
 - a. Needs
 - b. Motive
 - c. Exception
 - d. Novelty

7. Maslow hierarchical needs the apex of the hierarchy is the needs of
 - a. Esteem
 - b. Safety
 - c. Love and belongs
 - d. Self-actualization
8. Which one of the following is not a element of communication?
 - a. Sender
 - b. Message
 - c. Channel
 - d. Media
9. Which of the following not comes under fundamentals factors of health education?
 - a. Persuasion
 - b. Motivation
 - c. Perception
 - d. learning theory
10. Health needs identified by learning together comes under....
 - a. real needs
 - b. observed needs
 - c. felt needs
 - d. social needs