

Mid-West University
Examinations Management Office

Surkhet, Nepal

End Semester Examination-2082

Level: B.Ed. / VI Semester

Sub: School Health Program (HEP 461)

Roll No:

Group "A"

10×1 =10

Tick (✓) the Best Answers.

1. What is the main aim of school health services?
 - a. To improve exam scores
 - b. To provide snacks to students
 - c. To protect and promote student health
 - d. To entertain students
2. Appraisal in school health services refers to...
 - a. Measuring health education marks
 - b. Evaluation of students' health status
 - c. Counting attendance
 - d. Taking exams
3. A child-friendly school ensures.....
 - a. Maintain discipline
 - b. Fear-based learning
 - c. Safe, inclusive, and supportive learning space
 - d. Heavy homework
4. What is the aim of a school nutrition program?
 - a. Provide snacks only
 - b. Improve children's health and learning
 - c. Help school staff
 - d. Reduce sports
5. Which of the followings is not a type of health instruction?
 - a. Integrated
 - b. Correlated
 - c. Singing and dancing
 - d. Incident

6. Which of the followings is a benefit of extracurricular activities?
 - a. Decreased interest
 - b. Hinders learning
 - c. Enhances creativity and teamwork
 - d. Wastes time
7. School counseling helps in.....
 - a. Initiate teaching
 - b. Solving behavioral and emotional problems
 - c. Clean school
 - d. Teaching health
8. One major purpose of school-community cooperation is to.....
 - a. Develop physical fitness
 - b. Build private schools
 - c. Strengthen holistic child development
 - d. organize
9. Who is primarily responsible for delivering health education in the classroom?
 - a. School principal
 - b. Head of SMC
 - c. School health teacher
 - d. School nurse
10. Which one of followings is not the component of SHP?
 - a. Health service
 - b. Health education
 - c. School community cooperation
 - d. Assist students to score high risk

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Time: 3.00 hrs.

FM: 60

PM: 30

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

Attempt All the Questions.

Group 'B'

6 x 5 = 30

1. Define the school health program in your own words and list any four objectives of a school health program.
2. What is health promoting school? Write four features of a health-promoting school.
3. What is preventive service? Why is it important in school?

Or

What are the roles of physical education in school for students' health?

4. What is school nutrition? Why is it important for school going children?
5. What are the benefits of counseling services in schools?
6. Explain the role of community involvement in school health programs.

Or

Discuss the concept and objectives of health instruction.

Group 'C'

2 x 10 = 20

7. Explain the components of comprehensive school health program in detail.
8. Why are school health services, physical education, counseling, and extracurricular activities important in promoting student health? Explain.

Or

Discuss the nutrition policies and program in Nepal.

The End