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, massage 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. CO_2
   c. SO_2
   d. CL_2

10. Which of the following is not element of theory?
    a. Concept
    b. Construct
    c. Structure
    d. Variable