

(6 Pages)

Reg. No. : .....

Code No. : 10532 E Sub. Code : CAPE 21

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2023.

Second Semester

Physical Education — Allied

HEALTH EDUCATION, SAFETY EDUCATION AND  
FIRST AID

(For those who joined in July 2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. When was the world first aid used?

- (a) 1879 (b) 1899  
(c) 1869 (d) 1871

2. What is the aim of first aid?

- (a) To preserve life  
(b) To prevent deterioration  
(c) Have speedily recovery  
(d) All of the above

3. Sprain is a ——— injury.

- (a) Joint injury (b) Muscle injury  
(c) Bone injury (d) Ligament injury

4. Most common fracture in children is

- (a) red stick fracture (b) yellow stick fracture  
(c) blue stick fracture (d) green stick fracture

5. When we connect with other people and interact with them, I am largely improving your ———

- (a) Mental health (b) Social health  
(c) Physical health (d) Spiritual health

6. When is international day against drug abuse celebrated?

- (a) 26<sup>th</sup> June (b) 12<sup>th</sup> August  
(c) 14<sup>th</sup> September (d) 1<sup>st</sup> December

7. Prolonged alcohol abuse can result in a severe deficiency in what vitamin?  
(a) Vitamin C (b) Niacin (B3)  
(c) Thiamine (B1) (d) Folate
8. Which of the following diseases is not caused by bacteria?  
(a) Typhoid (b) Poliomyelitis  
(c) Tuberculosis (d) All of the above

Cleanliness, physical exercise rest and sleep are a part of ———

- (a) Hygiene (b) Social hygiene  
(c) Personal hygiene (d) None of the above

Which one of the following is an unhealthy habit?

- (a) Sharing food  
(b) Bathing twice a day  
(c) Drinking boiled water  
(d) Eating without washing one's hand

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).  
Each answer should not exceed 250 words.

11. (a) Write the meaning and definition of health.

Or

- (b) Briefly explain the dimension of health.

12. (a) Explain the difference between communicable disease and non-communicable disease.

Or

- (b) Briefly explain on malnutrition.

13. (a) Explain the need and scope of health education in schools.

Or

- (b) What are the causes and methods of prevention for common diseases?

14. (a) Briefly explain safety education.

Or

- (b) Write the meaning of consumer health education.

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[P.T.O.]

15. (a) Explain the first aid for sprain.

Or

(b) Short notes on artificial respiration.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the spectrum and dimension of health.

Or

(b) Illustrate the health care services in India.

17. (a) Define nutrition diet, write the various components of diet.

Or

(b) Discuss on first aid and emergency procedure.

(a) Explain drug abuse prevention and control.

Or

(b) Write in details on school health services.

19. (a) Describe the importance of evaluation on health education program.

Or

(b) Discuss on health supervision.

20. (a) Explain the importance of first aid.

Or

(b) What is fracture and type of fracture?

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