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Name:

Reg. No:

THIRD YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE3T13 / CC19UBPE3T13 – HEALTH EDUCATION

(2015 Admissions onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. The question carries 15 marks.

1. Define health education and elaborate on its principles.
2. Write a note on Nutrition. Discuss the classification of food and proximate principles of diet.

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

Explain the following:

3. Explain the epidemiological triad with suitable examples.
4. Write a short note on the importance of rest, sleep, and exercise.
5. Explain the determinants that influence health status.

(3 × 5 = 15 Marks)

PART C

Answer **all** questions. Each question carries 5 marks.

Explain the following:

6. Explain the methods of water purification.
7. Discuss the functions of vitamins and minerals in the human body.
8. Describe the role of school health services in ensuring child health.

(3 × 5 = 15 Marks)

PART D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. The apex international health organization is _____.
10. Anxiety prevention in students is related to _____ health.
11. The ability of the body to resist infection is known as _____.
12. The science of preserving health through cleanliness is known as _____.
13. A diet that contains all nutrients in proper proportion is called a _____.

(5 × 1 = 5 Marks)

PART E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. Balanced diet means consuming only proteins and fats.
15. Diseases can only be transmitted through direct physical contact.
16. Vaccination is a method of artificially inducing immunity.
17. Garbage should be disposed of in open fields for convenience.
18. Health appraisal is part of school health services.

(5 × 1 = 5 Marks)

PART F

Answer **all** questions. Each question carries 1 mark.

Write answer in one word:

19. The immediate care given during injury.
20. The mineral essential for bone strength.
21. The mineral essential for haemoglobin formation.
22. The agency responsible for health services in India.
23. The process of removing impurities from water.
24. The vitamin essential for blood clotting.
25. The method of disposing liquid waste safely.
26. The pyramid used to guide balanced diet planning.
27. The essential factor for recovery and growth.
28. The proximate principle providing quick energy.

(10 × 1 = 10 Marks)

PART G

Answer **all** questions. Each question carries 1 mark.

Match the Following:

- | | | |
|-----------------------------|---|----------------------|
| 29. Proteins | - | a. Resistance power |
| 30. Importance of rest | - | b. Wellness to death |
| 31. Determinants of Health | - | c. Vision |
| 32. Methods of transmission | - | d. Organic compounds |
| 33. Spectrum of Health | - | e. Immunity |
| 34. Vitamin C | - | f. Mental |
| 35. Vitamin A | - | g. Direct contact |
| 36. Dimension of Health | - | h. Environment |
| 37. Immunity | - | i. Recovery |
| 38. Vitamins | - | j Growth and repair |

(10 × 1 = 10 Marks)
