

M. PED. EXAMINATION, 2017

(2nd Year, 3rd Semester)

HEALTH EDUCATION AND SPORTS NUTRITION**PAPER - PG/MPCC - 303**

Time : Three hours

Full Marks : 70

Answer *Q.No. 6, 7* and *any three* from the rest.A. Answer *any three* :

1. What do you mean by Health ? What are the various concepts of health ? Explain in detail about the various determinants of health. 3+6+6
2. Define 'Health Education'. Write down the objectives of Health Education. Enumerate the principles of 'Health Education'. 4+5+6
3. Describe Obesity as hypokinetic disease and Arthritis as degenerative disease. 7.5+7.5
4. What do you mean by sports nutrition ? What are the different roles of macro and micro nutrients in exercise ? Describe BMI. 03+04+04+04
5. Describe different ways to maintain healthy life style. How you can maintain the weight through diet and exercise. 07+04+04

[Turn over

x) The components of healthy lifestyle are -

- | | |
|----------|-----------|
| a) Rest, | b) sleep, |
| c) food, | d) all |

xi) Balance diet means :

- a) proper food,
- b) proper quality of food,
- c) proper proportion, quantity and quality of food,
- d) all

xii) Weight management is

- a) maintaining proper weight,
 - b) maintaining weight with activity,
 - c) slimming,
 - d) muscular build
-

[2]

B. Write short notes on (*any two*) : 7.5+7.5

- a) Hygiene
- b) Components of lifestyle management
- c) Management of blood pressure
- d) Effect of tobacco on health

C. Put (✓) on write answer : 10×01=10

- i) Health Education is defined as the following except
 - a) A tool, b) A process,
 - c) A service, d) Education
- ii) Which of these is not a definition of health ?
 - a) Health as not ill, b) Health despite disease,
 - c) Health as validity, d) not seeing a doctor
- iii) Which one of the following is not a hypokinetic disease ?
 - a) Obesity, b) Diabetes,
 - c) Spondylolysis, d) heart attack
- iv) Which one of the following is a problem of healthful school ?
 - a) curriculum,
 - b) quality of teacher,

[3]

- c) proper seating arrangement
- d) Govt. allotment
- v) Which one of the following is not a problem of community environment ?
 - a) transport, b) superstitions,
 - c) illiteracy, d) community health
- vi) Health is influenced by -
 - a) environment, b) self-consciousness,
 - c) lifestyle, d) all
- vii) Hypokinetic disease resulted by -
 - a) less activity, b) inadequate activity,
 - c) less weight, d) none
- viii) Obesity linked with -
 - a) proper weight, b) overweight,
 - c) less weight, d) none
- ix) BMI =
 - a) $\text{wt.} / \text{ht.}^2$, b) $\text{wt. (Kg.)} / \text{Ht. (mtr.)}^2$,
 - c) $\text{wt.} / \text{Ht.}^3$, d) $\text{wt. (dgm.)} / \text{ht. (cm.)}^2$

[Turn over