

BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2023

(1st Year, 1st Semester)

Health Education and Environmental Studies

PAPER - CC - 103

Time : Three hours

Full Marks : 70

Group - A

Answer *any three* questions.

15×3=45

1. What is 'Health' and 'Health Education'? Describe different determinants of Health? Explain the Spectrum of Health. 4+5+6=15
2. Describe the different objectives of 'Health Education'? What is School Health programme. What is First Aid? Describe the principles of First Aid. 3+5+2+5=15
3. What do you mean by personal hygiene? What is 'communicable' and 'non communicable' disease? Discuss with example. Explain 'balance diet' with a diet chart. 4+6+5=15
4. What is meant by environmental ecosystem? Discuss in brief about the scope of environmental education. How environmental education is important in the context of Physical Education? – Explain. 3+6+6=15
5. What is meant by sustainable development? Explain the role of educational institutions in environmental literacy. How health and sport performance are related to environment? – Explain. 3+5+7=15

Group - B

Write short notes (*any two*) :

7½×2=15

6. Postural Deformities
7. Obesity
8. Write a note on usefulness of celebration of environment related days.
9. Write a note on recycling of wastes.

[Turn over

Group - C

10. Put tick (✓) against the right answer (*any ten*): 1×10=10

- i) The components of school health programme are
 - a) Health service
 - b) Health instruction
 - c) Health supervision
 - d) All
- ii) Which one is not included in spectrum of health?
 - a) Death
 - b) Weakness
 - c) Moderate health
 - d) Positive health
- iii) Which one of the following is not included as the determinants of health?
 - a) Physical
 - b) Mental
 - c) Social
 - d) Political
- iv) One of the main influential factors of Social health is
 - a) Family
 - b) Economic condition
 - c) Transport
 - d) Physical health
- v) The objective of health education include
 - a) Academic career
 - b) provide information about health
 - c) employment generation
 - d) treatment
- vi) Which one of the following is the BMI score that indicates onset of obesity?
 - a) 15
 - b) 20
 - c) 25
 - d) 30
- vii) Which of the following is an example of interaction between living and non-living component?
 - a) Food chain
 - b) Hunting web
 - c) Water cycle
 - d) Hunting
- viii) Environmental education should be a compulsory part of education, because:
 - a) It create more jobs
 - b) It helps in reducing environmental pollution
 - c) We are part of environment, thus it develops ecological consciousness
 - d) It is part of curriculum.

ix) The correct statement in relation to environment is:

- a) Education through the environment
- b) Education of environment
- c) Education for environment
- d) All of I, II, III

x) Which is the first social group of humans?

- a) Society
- b) Community
- c) Family
- d) Neighbourhood

xi) Environment related development is exactly related with:

- a) Scientific development
- b) Moral development
- c) Planned development
- d) Social development

xii) Which of the following is not included under the scope of environmental education?

- a) Population education
- b) Information technology
- c) Physical health
- d) Food and nutrition