

M. P. Ed - 11

Ed(PM)-3rd Sm.-Health Education etc./MPCC-303

2024

HEALTH EDUCATION AND SPORTS NUTRITION

Course : MPCC-303

Full Marks : 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

1. Explain the general concept of Health. What are the different dimensions of Health? Define health education and describe the different objectives of Health Education. 3+3+(3+6)

Or,

How can you justify that Mental Health as an integral component of general health? Write down the different stages of spectrum of health. Describe the meaning of Occupational health. 6+3+6

2. What are the causes of Hypokinetic Diseases? How obesity creates hazards on our health and our daily life? Describe the common management and treatment of Spondylosis. 3+6+6

Or,

Enlist the name of few Health Organizations and describe the activities of any two of them. How can you develop the healthful community environment? (3+6)+6

3. Write down the meaning and types of Hygiene. Describe any one type of Hygiene. Describe the effect of tobacco on physical health. 5+5+5

Or,

What is 'lifestyle' and how can you manage that? Describe the management of 'Hypertension' and 'Stress'. 5+(5+5)

4. Write short notes on the following (*any two*) : 7½×2

- (a) Sports Nutrition
- (b) BMI and Health Status
- (c) Weight Management
- (d) Exercise in daily life.

5. Answer the following MCQs by choosing the correct option given below and write the answer on your answer-script (*any ten*) : 1×10

- (a) Cleanliness, physical exercise, rest and sleep are a part of :
- (i) Hygiene
 - (ii) Social hygiene
 - (iii) Personal hygiene
 - (iv) None of these.

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- (b) Which of the following is the objective of health education?
- (i) Develops awareness, interest and adoption on health
 - (ii) Provide information, motivation and guide into action
 - (iii) Create interest, participation and reinforcement
 - (iv) Evaluation, motivation and implementation of knowledge.
- (c) Disease of the heart, joints and nervous system with the increasing of age is called :
- (i) Degenerative disease
 - (ii) Communicable disease
 - (iii) Deficiency disease
 - (iv) Mental disease.
- (d) Which degenerative disease primarily affects the joints?
- (i) Osteoarthritis
 - (ii) Multiple sclerosis
 - (iii) Alzheimer's disease
 - (iv) Hypertension.
- (e) The World Health Day is celebrated on
- (i) 1st March
 - (ii) 7th April
 - (iii) 6th October
 - (iv) 10th December.
- (f) Which of the following is considered an example of a primary health prevention measure?
- (i) Smoking cessation programs
 - (ii) Regular blood pressure checks
 - (iii) Vaccination programs
 - (iv) Cancer treatment therapies.
- (g) Which of the following is NOT a key factor in health education?
- (i) Awareness
 - (ii) Behavior modification
 - (iii) Diagnosis of diseases
 - (iv) Health promotion.
- (h) Which of the following nutrients helps to repair muscle tissues after exercise?
- (i) Carbohydrates
 - (ii) Fats
 - (iii) Proteins
 - (iv) Vitamins.
- (i) Which vitamin is essential for calcium absorption and bone health, especially for athletes?
- (i) Vitamin A
 - (ii) Vitamin B₁₂
 - (iii) Vitamin D
 - (iv) Vitamin C.
- (j) During prolonged endurance events, athletes should aim to consume a combination of carbohydrates and electrolytes to :
- (i) Enhance fat storage
 - (ii) Prevent muscle cramping and maintain hydration
 - (iii) Boost protein synthesis
 - (iv) Reduce inflammation.

- (k) Which is the most appropriate pre-exercise meal for an athlete?
- (i) A high-fat meal
 - (ii) A high-protein meal
 - (iii) A carbohydrate-rich meal
 - (iv) A meal with no carbohydrates.
- (l) What is the role of antioxidants in sports nutrition?
- (i) To provide energy
 - (ii) To prevent oxidative stress and inflammation
 - (iii) To enhance protein synthesis
 - (iv) To aid in fat digestion.
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