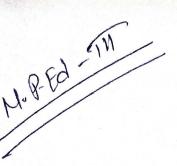
Ed(PM)-3rd Sm.-Health Education etc./MPCC-303



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):

71/2×2

- (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.

Please Turn Over (0562)

- (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.