

2025

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 modern concept of health. Explain the spectrum of health with reference to your own health status. Describe the different determinants of health. 4+6+5

Or

What is meant by population health? Discuss the importance of population health. How does social health influence the general health status of an individual? 3+4+8

2. What are hypokinetic diseases? Describe the different measures that have to be taken against Diabetes. What are the cardiovascular diseases (CVD)? Discuss any one CVD giving special emphasis to its prevention. 3+4+2+6

Or

Enlist the names of different health organizations in India and describe the functions of any one of them. How can you develop a healthful school environment as a part of community enrichment? 8+7

3. What is hygiene? Mention different types of hygiene and describe any one of them. Describe the effects of tobacco on health. 3+(2+5)+5

Or

Describe the procedure of lifestyle management. How are high blood pressure and stress related? How can you manage low blood pressure of an athlete? 6+3+6

4. Write notes on the following (**any two**) : $7\frac{1}{2} \times 2$

(a) Role of micronutrients

(b) BMI and health status

(c) Role of exercise for healthy lifestyle

(d) Balanced diet for sedentary person.

Please Turn Over**(3819)**

5. Answer the MCQ by choosing the right option from the following and write it on your answer script
(any ten) : 1×10

- (a) Which of the following are components of a school health programme?
(i) Health service
(ii) Health instruction
(iii) Health supervision
(iv) All of these.
- (b) What is the primary objective of health education?
(i) To promote the treatment process
(ii) To educate people about health
(iii) To provide vaccine facilities
(iv) To conduct medical research.
- (c) Which of the following is not included in the health spectrum?
(i) Death
(ii) Weakness
(iii) Moderate health
(iv) Positive health.
- (d) Which of the following is not considered a determinant of health?
(i) Physical
(ii) Mental
(iii) Social
(iv) Political.
- (e) Which of the following is a major influencing factor of social health?
(i) Interpersonal relationship
(ii) Economic condition
(iii) Social position
(iv) Geopolitical situation.
- (f) The term entheses refers to the site where
(i) tendons are attached to the bone
(ii) muscles are attached to the bone
(iii) joints are associated
(iv) any specific joints.
- (g) Which BMI value indicates the onset of obesity?
(i) 15 Kg/m²
(ii) 20 Kg/m²
(iii) 25 Kg/m²
(iv) 30 Kg/m².
- (h) Across all age groups in a human population, which of the following is the most important measure?
(i) BMI
(ii) Body Fat Percentage
(iii) Weight
(iv) Height.
- (i) What is the outcome of adopting a healthy lifestyle?
(i) Salutogenesis
(ii) Non-infirmity
(iii) Wellbeing
(iv) Allround development.

- (j) Which of the following represents the key principle of exercise for weight management?
- (i) Maintain body weight for height by reducing excess body weight.
 - (ii) Maintain the desired body fat percentage (%BF) according to age and sex.
 - (iii) Maintain the effective components of weights according to the age and sex.
 - (iv) Maintain lean body mass considering body type, age, and sex.
- (k) The primary organization that controls and regulates food safety in India is
- (i) The Food Safety and Standards Authority of India (FSSAI)
 - (ii) The Food Status and Authenticate Agency of India (FSAAI)
 - (iii) The First Food Safety Authority India (FFSAI)
 - (iv) The Food Safety Checking Authority of India (FSCAI).
- (l) Which of the following food is a rich source of Calcium?
- (i) Ripe fruits
 - (ii) Green vegetables
 - (iii) Boiled potatoes
 - (iv) Milk and dairy product.
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