

QP CODE: 24900102



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

FIRST SEMESTER MGU-UGP (HONOURS)

REGULAR EXAMINATION NOVEMBER 2024

First Semester

Discipline Specific Core Course - MG1DSCFIM100

HEALTH & FITNESS EDUCATION

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Multiple Choice Questions

Answer all questions.

Each question carries 1 mark.

1					[U]	[6]
	What is the primary goal of public health?					
	a)	To treat individual diseases	b)	To promote health and prevent disease		
	c)	To provide healthcare services	d)	To conduct medical research		

2	Which is an effective measure for controlling the spread of infectious diseases?				[U]	[3]
	a)	Quarantine and isolation	b)	Social gatherings		
	c)	Reducing healthcare funding	d)	Limiting vaccinations		
3	Which of the following is a communicable disease?				[U]	[4]
	a)	Diabetes	b)	Hypertension		
	c)	Tuberculosis	d)	Cancer		
4	Which of the following vaccines is recommended for prevention of Hepatitis B?				[U]	[3]
	a)	MMR	b)	DTaP		
	c)	HBV	d)	HPV		
5	What is the primary consequence of population explosion?				[U]	[5]
	a)	Increased resource availability	b)	Decreased resource availability		
	c)	Improved healthcare	d)	Increased economic growth		
6	How can one maintain hygiene while traveling?				[A]	[4]
	a)	Use public restrooms only	b)	Carry personal hygiene products		
	c)	Avoid bathing	d)	Ignore personal space cleanliness		
7	What is the purpose of the National Food Security Act (NFSA) 2013?				[U]	[5]

	a)	To regulate food prices	b)	To ensure food security for the poor		
	c)	To promote agricultural exports	d)	To eliminate poverty		
8	What does HIPAA stand for?				[K]	[6]
	a)	Health Insurance Portability and Accountability Act	b)	Health Information Privacy and Access Act		
	c)	Health Information Protection Act	d)	Health Insurance Privacy Act		
9	Which component of physical fitness involves moving joints through range of motion?				[U]	[1]
	a)	Flexibility	b)	Strength		
	c)	Endurance	d)	Power		
10	Which of the following best describes muscular power?				[U]	[1]
	a)	The ability to perform repeated movements	b)	The ability to stretch muscles		
	c)	The ability to maintain a specific body position	d)	The ability to exert a maximal force in a short amount of time		

(10 × 1 = 10)

Part B

Short Answer Questions

Answer any 10 questions.

Each question carries 2 marks.

11	Describe how fitness impact mental health?	[U] [1]
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12	Distinguish between muscular strength and muscular endurance, and explain how both contribute to physical fitness.	[U]	[1]
13	Discuss the biological growth factors through fitness.	[U]	[1]
14	Describe the role of school health services in promoting student health.	[U]	[5]
15	What are the benefits of having green spaces, such as gardens, in schools?	[U]	[4]
16	Describe the characteristics of communicable diseases.	[U]	[2]
17	Define immunization and vaccination.	[K]	[3]
18	Define BMI and explain its calculation.	[K]	[4]
19	Discuss the role of technology in community health assessments. How can digital tools enhance data collection and analysis?	[U]	[6]
20	Describe the three major community health problems faced today.	[U]	[3]
21	Examine the impact of climate change on community health.	[An]	[6]
22	Examine psychological barriers to regular exercise.	[An]	[1]

(10 × 2 = 20)

Part C

Short Essay Type Questions.

Answer 4 questions.

Each question carries 5 marks

23	Summarize the impact of climate change on community health. What strategies can communities adopt to mitigate these effects?	[U]	[6]
24	Discuss the relationship between stress and physical health. How can unmanaged stress contribute to chronic health conditions?	[U]	[1]
25	Define balance diet. what are the key components?	[K]	[5]
26	Analyze the role of nutrition and physical activity in school health services.	[An]	[6]
27	Explain the importance of regular medical check-ups in schools?	[U]	[5]
28	Analyze the impact of nutrition on personal hygiene and overall health.	[An]	[6]

(4 × 5 = 20)

END OF THE QUESTION PAPER
