

47002

M.P.Ed., DEGREE EXAMINATION, MARCH/APRIL 2019,

FOURTH SEMESTER

Paper II — HEALTH EDUCATION AND SPORTS NUTRITION

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each questions carries 5 marks.

Each answer should not exceed 2 page.

1. Health Service.
2. Health Supervision.
3. Malnutrition.
4. UNESCO.
5. Meaning of Hygiene.
6. Hypertension.
7. Vitamins.
8. Obesity.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Define Health Education. Explain the Aims and Objectives of Health Education.

Or

10. Define Health. Explain the Concept and Dimensions of Health.

11. Describe the role of Health Education in Schools.

Or

12. Discuss about First Aid and emergency care.

13. Explain the effects of Tobacco on Health.

Or

14. Write an essay on management of Obesity.

15. Define Nutrition. Explain about basic Nutrition guidelines.

Or

16. Discuss about Role of Carbohydrates, Fats and Proteins on Sports Performance.

17. Design diet plan and exercise schedule for weight loss.

Or

18. What are the principles of maintaining a Healthy Lifestyle?

