

B.A/B.Sc. (Honours) Examination, 2019
Semester-II (CBCS)
Physical Education
Course : CC-3
(Health Education)

Time : 3 Hours

Full Marks : 60

Questions are of value as indicated in the margin

Answer one questions from each unit

UNIT - I

1. What do you mean by Health and Health Education? Discuss in details the principles of Health Education. 3+3+6=12

Or

What are the types of Health Agencies? Explain **any two** of the following Health Agencies in details: 6+6=12

a) UNICEF b) ICMR c) WHO

UNIT – II

2. Define communicable and Non-communicable diseases. Explain any two of the following Health problems: HIV, Diabetes, Hypertension. 2+2+4+4=12

Or

What do you understand by Occupational Health Hazards? Discuss the causes and corrective exercises of Kyphosis, Scoliosis, and Knock Knee. 3+3+3+3=12

UNIT – III

3. What is Macro and Micro Nutrients? Explain the role of various food with their sources. 2+2+8=12

Or

Define Sports Diet. Explain the factors affecting diet. 3+9=12

UNIT – IV

4. Define FIRST AID. Write down the use of various kind of Bandages. 2+10=12

Or

Define Sports injury. Discuss any two of the following: Sprain, Muscle Cramp, Fracture. 2+5+5=12

UNIT – V

5. Define Otherly – Abled Person. Explain rehabilitation of otherly-abled person. 3+9=12

Or

Discuss the rehabilitation for Aged population. 12

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