

**B.P.Ed. Examination, 2016**  
**Semester-I**  
**Physical Education**  
**Course: CC-103**  
**(Health Education and Environmental Studies)**

**Time: Three Hours**

**Full Marks: 70**

*Questions are of value as indicated in the margin.*

**Attempt any one question from each Unit-I to Unit-III, two answers from Unit IV  
and give ten answers from Unit-V**

**UNIT-I**

1. Define Health and Health Education. Explain in detail about aims and objectives of Health Education. 2+2+5.5+5.5 = 15

**OR**

Write down the guideline and Principles of Health Education. 7.5+7.5=15

**UNIT-II**

2. What are non-communicable diseases? Write down the role of Health Education in school curriculum. 5+10=15

**OR**

Discuss about the care of skin, eye and nail. 5+5+5=15

**UNIT-III**

3. What do you mean by Environmental Science? Write in detail about need and importance of Environmental Studies. 5+5+5 = 15

**OR**

Explain in detail about various Environmental Celebration days in India. 15

**UNIT-IV**

4. Write down short notes (*any two*) 7.5+7.5 = 15

i. Air Pollution   ii. Soil Pollution   iii. Food Resources   iv. Water Resources

P.T.O.

**UNIT-V**

**5. Write the correct answer from the following (any ten)**

10x1=10

A. One of the causes of air pollution

- i. Water ii. Soil iii. Motor Vehicles iv. Govt. Policies

B. Causes of Water Pollution

- i. Motor Vehicles ii. Agricultural and related activity iii. Modern Society iv. Air

C. HIV

- i. Human Immune Deficiency Virus ii. Human Infection Virus  
iii. Human Infection Deficiency Virus iv. Human Immune Infection Virus

D. Mode of HIV Transmission

- i. Sexual Transmission ii. Blood iii. Mother to child iv. All of the above

E. Malaria Affected Age

- i. 10 to 25 years ii. 20 to 35 years iii. 50 to 60 years iv. All ages

F. Noise Pollution occur

- i. Wrong sound, in wrong place, at wrong time ii. Maximum Sound in empty place  
iii. Music system iv. None of this

G. Scope of Health Education

- i. Healthful living ii. Health service iii. Health Instruction iv. All of the above

H. Dimension of Health

- i. Physical, mental, social dimension ii. Physical, mental, environmental dimension  
iii. Social, Physical dimension iv. Mental Dimension

I. Arrange in order steps by step

- i. Dry hands with towel ii. Wash your hands with water iii. Use soap on hands & make foam  
iv. Wet your hands v. Rub hands properly for 15 seconds

J. Viruses are

- i. Total Parasites ii. Partial Saprophytes iii. Partial Parasites iv. Complete Saprophytes

K. WHO

- i. West Health Organisation ii. World Health Organisation  
iii. Wide Health Organisation iv. None of this

L. Vitamin E helps in

- i. Body Fat ii. Body Structure iii. Muscle Cramp iv. Muscle Pull