

10. Health Education

(a) Fundamental of Public Health (Hp.Ed.321)

Exam 2067

Time: 3 hrs.

Full Marks: 100

Attempt all the questions.

Group "B"

8x7=56

1. Describe the scope and function of public health.
2. Describe demographic profiles of adolescent in Nepal.

OR

What are the sources? Effects and control measures of noise and radiation pollution? Describe in brief.

3. Describe the meaning and importance of consumer health in detail.
4. What is meant by quackery? Describe the effects of quackery and faddism among teenage.
5. Give the meaning of occupational health. Describe the importance of occupational health in detail.

OR

Discuss the daily requirement and recommended allowance of food for a child.

6. List down the types of drugs. Describe their effects on human being.
7. Show the relation between health educational and public health.

OR

Describe determinants of health transition.

8. Describe the types of mental illness

Group "C"

2x12=24

9. Describe the concept of adolescent and youth. Explain the components of adolescent sexual and reproduce health.
10. What is primary health care (PMC)? Discuss the challenges of PHC in Nepal.

OR

What is malnutrition? Describe the techniques of assessing nutritional status of children.

Group "A"

20

Attempt all the questions. Tick (✓) the answer.

1. Which of the following foundations provides teaching methods and strategies in health education?
 - a. Scientific foundation
 - b. Educational foundation
 - c. Psychological foundation
 - d. Legal foundation
2. Which is the first and large public health progress in the history of public health in Nepal?
 - a. National Malaria Eradication program
 - b. National tuberculosis Control program
 - c. National Leprosy Control program
 - d. Family planning program
3. According to NPHS, 2006. What is the maternal mortality rate in Nepal?
 - a. 539
 - b. 340
 - c. 281
 - d. 229
4. When does an adolescent girl use emergency contraceptive pills?
 - a. Before sexual intercourse
 - b. Within 120 hours of unsafe sexual activity
 - c. Within 72 hours of unsafe sexual intercourse
 - d. When pregnancy test found positive
5. Which of the following is the major mental illness?
 - a. Paranoia
 - b. Manic depression
 - c. Schizophrenia
 - d. Neurosis
6. Which of the following is the proper method of disposal of refuse?
 - a. Cremation
 - b. Dumping
 - c. Incineration
 - d. Composting

7. Which of the following drug is legally and socially accepted for use?
 - a. Heroin
 - b. LSD
 - c. Marijuana
 - d. Alcohol
8. WHO head quarter is located at
 - a. London
 - b. Geneva
 - c. Moscow
 - d. New York
9. Which of the following disease is cause due to the lack of iron?
 - a. Anemia
 - b. Pellagra
 - c. Scurvy
 - d. Rickets
10. How many times healthy people respire in a minutes?
 - a. 12-16
 - b. 16-18
 - c. 19-22
 - d. 22-25
11. In which of the following year the consumer protection Act was activated?
 - a. 2046
 - b. 2052
 - c. 2056
 - d. 2059
12. Which of the following is the best method of water purification?
 - a. Flocculation
 - b. Filtration
 - c. Storage and settlement
 - d. Distillation
13. Which of the following is the physical hazard?
 - a. Pollution
 - b. Accident
 - c. Vibration
 - d. Stress
14. In which of the following country Alma-Ata Conference was held?
 - a. UAE
 - b. Canada
 - c. UK
 - d. Denmark
15. Which of the following is not the determinant of population change?
 - a. Language
 - b. Fertility
 - c. Migration
 - d. Death
16. Which of the following is the strategy of primary health care?
 - a. Health education
 - b. Prevention of local endemic disease
 - c. Nutrition problem
 - d. Nutrition problem
17. Which of the following is not the main health problem of Nepal?
 - a. Population growth
 - b. Endemic disease
 - c. Environmental sanitation
 - d. Nutrition problem
18. Which did the Nepal Leprosy Centre was established?
 - a. 1941
 - b. 1961
 - c. 1981
 - d. 1991
19. Which of the following person is related with establishment of inter National Red Cross Society?
 - a. Gustapha
 - b. Henry Dunant
 - c. JF William
 - d. HP Warison
20. Green leafy vegetables have good laxative property because their high
 - a. mineral content
 - b. chlorophyll content
 - c. fiber content
 - d. water content

EXAM 2068

Attempt ALL the questions

Group 'B'

[8×7=56]

1. What is public health? Distinguish between public health, community health and social medicine.
2. What is scientific foundation of health education? Describe in brief.

OR

 Discuss the preventive measures of water and food borne disease in Nepal.
3. What are the sexual and reproductive health problem of adolescents and youths? Explain.
4. What should be minimum standards for provision of good housing in rural communities?

OR

 What is teen-age faddism? How would you control teen-age faddism? Explain.
5. Explain the meaning and objectives of occupational health.
6. Mention the functions, sources and deficiencies of vitamin 'C'.

OR

 Explain appropriate techniques of food preservation.
7. Explain the causes and symptoms of psychopathic personality.
8. Explain appropriate techniques of food preservation.

Group 'C'

[2×12=24]

9. What are meant by demography and epidemiology? Describe the natural history of a communicable disease.

OR

What are the elements of adolescent and youth friendly health services? Describe strategies of the Government of Nepal for implementing adolescent friendly health service in Nepal.

10. What are the elements of good? Explain in brief the sources functions and consequence of deficiency of each element.

Group 'A'

[20]

Attempt ALL the questions. Tick the best answers.

1. Which of the following is the suitable meaning of health education?
 a) the means of practicing healthy habits
 b) the process of bringing changes in health knowledge and behavior of individuals
 c) acquire knowledge of health education
 d) provide opportunity to become healthy
2. A student learns some useful and important aspect of sanitation for his/her elders and relatives through limitation. How do you categorize it?
 a) psycho-behavioral foundation
 b) scientific foundation
 c) socio-cultural foundation
 d) educational foundation
3. How can you calculate crude death rate?
 a) $CRD = \frac{\text{the number of deaths during the year}}{\text{mid year population}} \times 1000$
 b) $CRD = \frac{\text{the number of deaths during the year}}{\text{mid year population}} \times 100$
 c) $CRD = \frac{\text{total number of deaths due to particular disease}}{\text{total number of cases due to the same disease}} \times 100$
 d) $CRD = \frac{\text{the number of deaths under one year age}}{\text{total number of live births during a year}} \times 1000$
4. Movement into a given area from a different part of the same country is referred to
 a) immigration
 b) in-migration
 c) emigration
 d) out migration
5. Which of the following agency implemented structural adjustment program in Nepal?
 a) WHO
 b) UNFPA
 c) World Bank
 d) DFID
6. Alma-Ata Conference was held in
 a) UK
 b) USSR
 c) USA
 d) UAE
7. Which one is the natural impurities of water?
 a) microscopic plants and animal
 b) industrial wastes
 c) agricultural population
 d) sewage
8. Which one of the following is the strategy of primary health care?
 a) inter sectoral cooperation
 b) health education
 c) prevention of local endemic disease
 d) problem of nutrition
9. Which one of the following names is associated with the establishment of International Red Cross Society?
 a) J.F William
 b) H.P Warison
 c) Gustapha Manyar
 d) Henry Dunant
10. Which of the following is not related to sexual and reproductive health problem of adolescents and youth?

- a) sexually transmitted infection b) violent and destructive behavior
 c) early marriage d) sexually violence and forces sex
11. When does an adolescent girl use emergency contraceptive pill?
 a) before sexual intercourse
 b) within 120 hours of unsafe sexual intercourse
 c) within 72 hours of unsafe sexual intercourse
 d) when pregnancy test found positive
12. Which of the following is used for calculating infant mortality rate?
 a) $IMR = \frac{\text{No. of deaths of infants}}{\text{mid year population}} \times 1000$
 b) $IMR = \frac{\text{No. of death of infants in a year}}{\text{mid year population of infants}} \times 1000$
 c) $IMR = \frac{\text{No. of death of infants in a year}}{\text{total no. of births in that year}} \times 1000$
 d) $IMR = \frac{\text{No. of death sof infants}}{\text{total no of infants}} \times 1000$
13. "DOTS" is being lunched successfully against TB. What does 'DOTS' stand for?
 a) drug of tuberculosis society
 b) directly observed tuberculosis schedule
 c) directly observed treatment short course
 d) disease of TB drug sample
14. Which of the following is raw type of measurement of mortality?
 a) age specific death rate b) crude death rate
 c) maternal mortality rate d) infant mortality rate
15. Which of the following reproductive organs seperates vagina and uterus?
 a) Fallopian tube b) Labia majora
 c) Cervix d) Ovary
16. Which is protein energy malnutrition?
 a) Survey b) Bitor's spot
 c) Muscular cramps d) Marasmus
17. Which of the following mental illness is psychosis?
 a) Sechizophrenia b) Mental retardation
 c) Neurosis d) Anxiety neurosis
18. Which of the following hazards is responsible for an occupational disease like 'lung cancer'?
 a) physical b) biological
 d) mechanical d) chemical
19. If a person involves in medical services without any knowledge and license, this type of service is called
 a) quackery b) quack c) nurse d) doctor
20. Which of the following is not objective of occupational health?
 a) to help workers with protection from accident and would form concerning works
 b) to give health education for protection and maintenance of their health
 c) to help for the control of occupational disease
 d) to help for the rehabilitation of unable and injured workers

Exam 2069

Attempt ALL the questions.

Group 'B'

[8×7=56]

- What is health education? Describe relationship between health education and public health.
- What is the importance of public health in our country?
OR
Describe the determinants of demographic transition.
- Describe the concept of adolescent and youth friendly services. Discuss the need of adolescent friendly services in Nepal.
- Explain the methods of water purification at domestic level.

OR

Discuss the rules of non-governmental organizations of protect consumers rights and health in Nepal.

5. Explain the preventive measures against occupational health hazards.
6. How do you classify vitamin? List the main functions of vitamin 'A'.

OR

What is meant by food fads fallacies and its effect on health?

7. Explain the causes and symptoms of hysteria.
8. List the names of international health organizations. Explain roles of WHO in public health of Nepal.

Group 'C'

[2×12=24]

9. Define the meanings of Primary Health Care (PHC).
10. Discuss the challenges of PHC in Nepal.

OR

What are the foundations of health education? Explain the scientific foundation of health education.

11. What is relationship between health and environment? Explain how polluted environment influence the health of people.

Group 'A'

[20]

Attempt ALL the questions. Tick the best answers.

1. All of the following are aims of health education EXCEPT.
a) to provide information about health and hygiene
b) to take precautionary and preventive measures
c) to maintain norms of good health
d) giving information to the parents through school health programme
2. Which of the following is concerned with legal foundation of health education?
a) public awareness
b) banning smoking on public places
c) policy advocacy
d) implementation of health education curriculum
3. Movement into a given area from a different part of the same country is referred to
a) immigration
b) in-migration
c) migration
d) out-migration
4. What is total fertility rate in Nepal according to the census of 2001?
a) 4.0
b) 4.1
c) 4.2
d) 4.3
5. Which if the objectives of UNICEF?
a) to direct and coordinate activities in international health sectors
b) to provide books and teaching materials to school children
c) to provide technical support and valid information to countries in the health field
d) to faster technical cooperation among the member state
6. Which of the following is the natural method of water purification?
a) Distillation
b) Filtration
c) Storage and settlement
d) Flocculation
7. Nepal Cancer Relief Association was established in
a) 31 Bhadra 2039 B.S.
b) 31 Aswin 2039 B.S.
c) 31 Shrawan 2039 B.S.
d) 31 Kartick 2039 B.S.
8. Which of the following mental illness is psychosis?
a) Schizophrenia
b) Anxiety neurisis
c) Neurosis
d) Mental retardation
9. Which of the following is first element of primary health care?
a) provision of essential drugs
b) providing health education
c) treatment of communicable diseased) maternal and child health care
10. Which of the following disease is often seen in people who eat only corn?
a) Scurvy
b) Rickets
c) Beri-beri
d) Pellagra
11. Which of the age group is called "young people"?
a) 10-15 year
b) 10-19 year
c) 15-24 year
d) 10-24 year

12. Which of the following is not related to sexual and reproductive health problem of adolescents and youths
- a) sexual violence and forced sex b) sexually transmitted infections
c) violent and destructive behavior d) early marriage
13. Which of the following names is associated with the establishment of International Red Cross society?
- a) H.P. Warison b) Henry Dunant
c) J.F. William d) Gustapha Manyar
14. When does an adolescent girls use contraceptive pills?
- a) before sexual intercourse b) when pregnancy test found positive
c) within 120 hours of unsafe sexual intercourse
d) within 72 hours of unsafe sexual intercourse
15. Which of the following is not the characteristics of mentally healthy person?
- a) self confidence b) efficiency and satisfaction
c) emotional maturity d) stress of unexpressed feeling
16. Which of the following rules does not involve in preservation of food?
- a) to avoid contamination, hand should washed thoroughly
b) selecting goods condition raw material
c) use of protective clothing
d) eat cooked food immediately
7. Which of the following is the commonly used instrument for measuring upper arm circumference?
- a) shaker tape b) arm measuring tape
c) thickness measuring tape d) yellow plastic tape
8. Which of the following disease is caused in the deficiency of vitamin B₁ (thiamine)?
- a) Night blindness b) Beri-beri
c) Rickets d) Osteomalasia
9. The science which deals with the law of the work is known as
- a) Bionomics b) Euthanasia
c) Ergonomic d) Eugenics
10. Which of the following factors is more responsible for the teen age faddism?
- a) increasing the readymade food industries
b) advertisement the different readymade snakes
c) producing the different kinds of beverages
d) fantasting the different snakes

Exam. 2070

Time: 3 hrs.

Full Marks: 100

Attempt all the questions.

Group "B"

[8×7=56]

1. Define health education and describe principles of health education.
2. Explain the concept of environment and environmental health.

OR

- Explain the current governmental policies on consumers' health.
3. Explain the various occupational health hazards and its preventive measures.
 4. Explain the classification, functions, sources and deficiencies of nutrients among pregnant women.
 5. Differentiate between use, misuse and abuse and drug addiction with examples.

OR

- Describe the determinants of population change in detail.
6. Discuss the current population policies and programme of Nepal in brief.
 7. Discuss the different types of health services given by Nepal government.

OR

- Introduce the two national health agencies working in Nepal in health sector.
8. Describe the objectives and activities of world health organization and UNICEF.

Group "C"

[2×12=24]

9. List down the components of adolescent reproductive health. Explain four of them fully.

OR

What are general causes of mental illness? Describe the psychopathic personality.
10. What is primary health care (PHC)? Discuss major challenges of PHC in Nepal. [20]

Group "A"

Attempt all the questions. Tick (✓) the best answers.

- Which of the followings best describe the concept of public health?
(a) organized efforts of family to prevent disease and promote health
(b) organized efforts of community to promote health
(c) organized efforts of local government and NGOs in public health
(d) organized efforts of the state and community to prevent diseases and promoted
- According to National census 2001, which of the following is the third largest cast/ethnic group of Nepal
(a) Chhetri (b) Magar
(c) Tamang (d) Tharu
- Which of the following is agricultural water pollutant?
(a) detergent (b) ammonia
(c) pesticide (d) mineral
- Which of the following is the best method of water purification in a large scale?
(a) chlorination (b) filtration
(c) sedimentation (d) SODIS
- Which of the following epidemiological study designs is appropriate to find out the cause of diseases?
(a) survey (b) descriptive
(c) case-control (d) experimental
- What proportion of the total population is composed of adolescent in Nepal?
(a) 20-22% (b) 25-27%
(c) 30-32% (d) 35-37%
- Which of the following is not the reproductive health problems of adolescents?
(a) early marriage (b) STTs
(c) drug addict (d) sexual violence
- Which of the following is the auditory effect of noise pollution?
(a) auditory fatigue (b) interference
(c) annoyance (d) loss of efficiency
- Which of the following is the principle of primary health care?
(a) community participation (b) appropriate technology
(c) provision of health education (d) provision of family planning
- Which of the following is called sanitary latrine?
(a) bucket type latrine (b) service type latrine
(c) pail type latrine (d) Non service type latrine
- Which of the following day is celebrated as International consumer Day?
(a) 1953 March 15 (b) 1963 March 15
(c) 1973 March 15 (d) 1983 March 15
- When was the essential drug control act was introduced?
(a) 2071 BS (b) 2023 BS
(c) 2025 BS (d) 2033 BS
- Which of the following is the socio-demographic factors influencing consumer's behaviour?
(a) education (b) self-confidence
(c) level of anxiety (d) family tradition
- Which of the following is the physical hazard?
(a) insecurity (b) light
(c) anthrax (d) fungal infection
- Which of the following is the permanent method of family planning for women?
(a) Vasectomy (b) Diaphragm
(c) IDU (d) Laparoscopy
- Which of the following is the minor mental illness?
(a) Paranoia (b) Manic depression
(c) Schizophrenia (d) Neurosis

17. Which did the Nepal Leprosy Control Centre was
 (a) 1951 (b) 1961
 (c) 1971 (d) 1981
18. Which of the following drug is socially accepted for us ?
 (a) Heroin (b) LSD
 (c) Cocaine (d) Marijuana
19. Which of the following diseased is caused due to the lack of iron?
 (a) Scurvy (b) Pellagra
 (c) Anaemia (d) Rickets
20. Which of the following drinks contains maximum percentage of alcohol?
 (a) Vodka (b) Brandy
 (c) Whisky (d) Rum

Exam. 2071

Group "B"

8×7=56

Attempt the all questions.

1. What is health education? Describe aims of health education with suitable examples.
2. Describe scientific foundations of health education with suitable examples.
OR
Discuss history of public health in china.
3. What is fertility? Explain determinants of fertility.
4. Describe sexual and reproductive health problems of adolescents.
5. What is consumer health? Discuss the importance of consumer health in Nepal?
OR
What are the occupational health hazards? Explain chemical hazards of farmers and industrial workers.
6. What is malnutrition? Describe causes of malnutrition in Nepal.
7. What is neurosis? Describe cause, symptoms and prevention of anxiety.
8. Describe briefly the elements of primary health care.

OR

Write short note on establishment, objectives and function of World Health Organization.

Group "C"

2×12=24

9. What is epidemiology? Describe analytical (case-control) study design with diagram.
OR
What are the characteristics of adolescent friendly health services? Describe the needs of adolescent friendly? Health services in Nepal.
10. What are the types of latrines? How do you construct water-seal latrine? Describe its structure with diagram.

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers.

1. The contents of human psychology and diseases are included in health education curriculum of B.Ed. as
 a. educational foundation b. scientific foundation
 c. psychological foundation d. legal foundation
2. What is ultimate objective of health education?
 a. control disease
 b. prevent disease
 c. promote healthy behaviour and lifestyle
 d. make people of aware of health and diseases
3. When was the National Malaria Eradication Programme launched in Nepal?
 a. 2011 B.S. b. 2017 B.S. c. 2015 B.S. d. 2022 B.S.
4. What is Infant Mortality Rate in Nepal according to Nepal Demographic and Health Survey 2006?
 a. 48/1000 live births b. 56/100 live births
 c. 64/10,000 live births d. 72/1000 live births

5. According to National Census 2011, what percentage of total population were Buddhist in Nepal?
 - a. 4.2 percent
 - b. 7.1 percent
 - c. 10.74 percent
 - d. 15.8 percent
6. Which term is used in epidemiology when pattern and prevalence of a disease is distributed by caste/ethnicity?
 - a. time distribution
 - b. place distribution
 - c. ecological distribution
 - d. person distribution
7. Which of the following terms is used for people of 10-24 age groups?
 - a. young people
 - b. youth
 - c. young adult
 - d. adolescent
8. What should be the first steps to create adolescent friendly services in the country where there is lacking such service?
 - a. educate adolescents
 - b. construct adolescents friendly facilities
 - c. formulate adolescent friendly policies
 - d. develop adolescent friendly procedure
9. Which of the following terms refers to the wastes produced by office, schools, college, clubs and hospital?
 - a. industrial waste
 - b. domestic waste
 - c. hospital waste
 - d. institutional waste
10. In slow sand filter, which of the following material is placed at the bottom?
 - a. fine gravel
 - b. coarse gravel
 - c. coarse sand
 - d. fine sand
11. Which of the following terms is used to indicate erroneous belief, idea and practices in diet and nutrition, which are followed as fashion and lifestyle?
 - a. food faddism
 - b. junk food
 - c. food mania
 - d. food habit
12. Which of the following occupational hazards is caused by inhalation of cotton fibre dust over long period of time?
 - a. Sillicosis
 - b. Bagassosis
 - c. Tobacosis
 - d. Byssinosis
13. What proportion of human body is composed of protein?
 - a. 61.7 percent
 - b. 17 percent
 - c. 13.8 percent
 - d. 6.1 percent
14. Which of the following deficiency may lead to sterility?
 - a. Vitamin A
 - b. Vitamin D
 - c. Vitamin E
 - d. Vitamin K
15. Bitot's spot is one of the common problems which is mostly occurred in the children between the age 1-6 years is due to
 - a. lack of minerals
 - b. lack of vitamin A
 - c. deficiency of protein and carbohydrates
 - d. changes in climate
16. All of the following are social indicators of mental illness except
 - a. violence
 - b. suicide
 - c. delinquency
 - d. polygamy
17. What type of mental illness, a person feels suspicious, and has a sense that other people want to do him or her harm
 - a. Paranoia
 - b. Schizophrenia
 - c. Hysteria
 - d. Manic depression
18. Which of the following is not element of the Primary Health Care?
 - a. immunization against major infection
 - b. appropriate treatment of common diseases
 - c. provision of essential drugs
 - d. adolescence health care
19. What is the main intention of structural adjustment programme (SAP) in health?
 - a. provide free health services

- b. increase equitable distribution of health services
 - c. introduce user fee and recovery scheme in government health facility
 - d. control the privatization of health services
20. Which one is not related to promotive health services in Nepal?
- a. nutrition programme
 - b. health education and information
 - c. environmental health
 - d. immunization against major communicable diseases

Exam 2072

Time: 3 hrs.

Full Marks: 100

Attempt All the questions.

Group "B"

8×7=56

1. What is health education? Write its principles
2. What is behaviour change? Describe the psychobehavioural process changing health behaviour.

OR

Explain the case control and cohort study in epidemiology.

3. Analyse the situations of safe drinking water supply in Nepal.
4. What is food deficiency diseases? Write cause, symptoms and preventive measures of Marasmus.

OR

Explain the methods of food preservation in domestic level.

5. What is antenatal care? Mention the factors to be considered for better antenatal care.
6. Write the objectives and activities of UNFPA
7. What is fertility? List down the factors affecting fertility.

OR

What is social medicine? Describe its basic assumptions.

8. Write the causes and preventive measures of mental retardation.

Group "C"

2×12=24

9. What are the areas of public health? Explain them.

OR

Explain the present health service structure of Nepal with the help of organization chart.

10. What is primary health care? Describe its challenges in Nepal.

Group "A"

20

Attempt All the questions. Tick (✓) the best answers.

1. Which of the following term is related to principles of health education?
 - a. health education should be concerned with everyday living
 - b. health education must be positive in its approach
 - c. health education depends on the teachers enthusiasm and interest
 - d. health education depends on the interest of the students
2. What percentage of population in Nepal depends on agriculture according to census 2001?
 - a. 81.80
 - b. 70.23
 - c. 59.61
 - d. 65.30
3. Study of diseases accordingly with time, place and person is known as
 - a. descriptive study
 - b. analytical study
 - c. experimental study
 - d. case control study
4. What is the bearable level of sound in our body?
 - a. 60dB
 - b. 45 dB
 - c. 55dB
 - d. 80dB
5. Which of the following service is recognized under referral reproductive health delivery?
 - a. providing TT vaccine
 - b. treatment of STD
 - c. counseling about HIV
 - d. pregnancy care
6. What is meant by food faddism?
 - a. mixing different substances in food
 - b. use of fast and junks food
 - c. colorings the food

- d. misconception about food
7. What amount of calories produced by 1 gm of carbohydrate?
a. 4.1 calorie b. 9.2 calorie c. 2.5 calorie d. 3.5 calorie
 8. Which of the following is known as Disacraids?
a. glucose b. sucrose c. maltose d. lactose
 9. Which vitamin is also called sterility vitamin?
a. vitamin A b. vitamin B2
c. vitamin D d. vitamin E
 10. Which of the following element is not included in primary health care?
a. provision of safe drinking water
b. immunization
c. control of rapid population growth
d. provision of essential drugs
 11. Who leads the health posts activities in Ilaka level of Nepal?
a. CMA b. HA c. ANM d. MBBS
 12. When was the Nepal Red Cross society established?
a. B.S. 2020 Bhadra b. B.S. 2021 Ashad
c. B.S 2019 Maghd. B.S. 2015 Falgun
 13. When was Bir Hospital established in Nepal?
a. B.S. 1924 b. B.S. 1935 c. B.S. 1947 d. B.S. 1970
 14. Which institution was first level and related to work in the village level of China?
a. country public health department
b. community health centre
c. primary health care centre
d. brigade health centre
 15. Waste water discharged from houses works and manufacturers is called
a. garbage b. sullage c. sewage d. excreta
 16. Which of the following is the psychosis problems?
a. Schizophrenia b. Anxiety
c. Hysteria d. Depression
 17. Which one of the following is the biological cause of mental illness
a. death of loved one b. inactive life process
c. heredity d. migration
 18. What was the density of population in Nepal according to census 2058?
a. 125/59 km b. 157/59 km c. 165/59 km d. 167/59 km
 19. What is the main intention of structural adjustment programme (SAP) in health?
a. provide free health services
b. increase equitable distribution of health service
c. encouraging government to provide health facilities.
d. promoting private sectors
 20. Which disease is associated with protein energy malnutrition PEM?
a. Quasiorker b. Beriberi c. Rickets d. Scurvy

(b) Sports Science & Games IV paper (HPE. 322)

Exam. 2067

Full Mark: 50

Time: 1 hrs.

Attempt all the questions.

Group "B"

4x7=28

1. What are the physical and social characteristics of puberty and adolescents? Discuss its uses.
OR
Enumerate the meaning, causes and management of Plateau in learning physical activity.
2. Delineate the meaning and areas of sports medicine.
OR
Differentiate between aerobic and anaerobic phases of exercise.
3. What are the types of levers? Explain them with an example of each.

OR

Enumerate the meaning and types of resistance in sports with suitable example.

4. Write short notes on any TWO.

- a. Imitation b. Muscle cramp c. Line of gravity

Group "C"

1x12=12

5. What is the meaning and needs of sports psychology? Discuss the aspects and application of individual difference in sports.

OR

What is kinesiology? Enumerate Newton's laws of motion in terms of sports activity.

Group "A"

10

Attempt all the question. Tick (✓) the best answers.

- Which of the following is not the major area of sport psychology?
a. Socio-cultural difference b. Human behavior
c. Training and coaching d. Individual difference
- A process of progressive behaviour adaptation is generally referred as
a. behaviour of child b. acquisition of knowledge
c. learning of child d. psychology of child
- Which of the following is not considered as the vital dimension of personality?
a. Emotional dimension b. Personal dimension
c. Biological dimension d. Social dimension
- In which of the following parts of a muscle fiber, microscopic protofibrils are located?
a. Transfer tubules b. H-zone
c. Isotropic band d. Myofibrils
- When excitement and contracting actions occur together in the voluntary, it can be termed as
a. sliding over b. recharging c. coupling d. stipulating
- Which of the following aspects is related to the prolonged exercise?
a. Aerobic exercise b. anaerobic exercise
c. Oxygen debt d. Lactic acid formation
- "The science which studies all the mechanical aspects of human movement is known as the kinesiology." was observed by
a. M. Gladys Scott b. David B. Kelley
c. Phillip T. Rasch d. Harold M. Barrow
- An imaginary line dividing our body from center to the right and left. Is known as
a. vertical axis b. sagittal axis
c. frontal-lateral axis d. middle axis
- If the purpose is to slow down the velocity of a moving object. The force must be applied to it
a. in the same direction b. in the equal direction
c. in the parallel direction d. in the opposite direction
- Which of the following resistance cannot be included in internal resistance while doing sports activities?
a. Poor muscular strength and endurance
b. Lack or warm up activities
c. Strong air resistance
d. Poor physical fitness

EXAM 2068

Attempt ALL the questions.

Group 'B'

[4x7=28]

- What is perception? How does it help the perform of the athletes?
- Define motivation. Why is it important in physical education and sports?

OR

Describe the objectives of studying sports psychology.

3. Write short notes on any TWO:

- Oxygen debt
- Lactic acid formation

- c) Glycogen cycle
4. What is the effect of training on respiratory system?

OR

Describe the types of force with example of each.

Group 'C'

1×12=12

5. What is motion? Explain the types of motion with appropriate example of each relating to sports.

OR

How is muscles contracted? Describe the entire process of muscles contraction.

Group 'A'

[10]

Attempt ALL the questions. Tick the best answers.

- Which of the following is an example of perception?
a) ability to watch carefully
b) visualization of the scene
c) ability to hear sound
d) give meaning to the sensation
- Which of the following aspects represents graphic picture of progress in any sports skills?
a) learning course
b) learning chart
c) transfer of learning
d) observation of skills
- Which of the following factor influence mostly in the development of an individual's personality?
a) personal and social factors
b) parents & family situation
c) intelligence & emotion factors
d) school & environmental factors
- Which chemical effects negatively to muscular activity?
a) pyruvic acid
b) lactic acid
c) amino acid
d) gastic acid
- Over training may lead to muscular
a) cramp
b) bruises
c) sprain
d) strain
- In which phase oxygen debt may exist?
a) aerobic phase
b) anaerobic phase
c) 500mm, run
d) long jump
- Which one is a positive effects of physical training of the respiratory system?
a) increase inspiration rate
b) increase vital capacity
c) increase inspiration reserve volume
d) increase tidal volume of the lungs
- A man is hungry and he needs some food to satisfy his hunger. What kind of need is this?
a) physical need
b) social need
c) mental need
d) psychological need
- Newton's third law of motion is known as
a) law of inertia
b) law of gravitation
c) law of action-reaction
d) law of acceleration
- Flexion and extension are based on
a) frontal axis and lateral plane
b) frontal-lateral axis and sagital plane
c) sagital axial frontal plane
d) vertical plane and horizontal axis

Exam 2069.

Attempt ALL the questions. Tick the best answers.

- "Sport psychology is the study of human behaviour in bodily action," this statement was given by
a) Campbell
b) Watson
c) Pillsbury
d) Woodworth
- Which of the following give proper meaning to the plateau in learning physical education?
a) Irregular progress of child in learning
b) Fluctuation in student's learning progress

- c) Constant in learning progress of students
 - d) Non-stop of learning progress among students
3. Who of the following psychologists classified the personality into three types like Pyknic, Atheletic and Asthenic?
- a) Krestcmer
 - b) Sheldon
 - c) Carl Jung
 - d) Thorndike
4. Which of the following thin transparent membrane covers and protects a single voluntary muscles fiber?
- a) Epimysium
 - b) Perimysium
 - c) Sarcolemma
 - d) Endomysium
5. What happens when Pyruvic acid is converted into lactic acid in the voluntary muscle cells at the time of doing physical activities?
- a) It enters into Kreb's cycle
 - b) Occurs fatigue & stalness
 - c) Goes to recovery period
 - d) CO₂ and H₂O are excreted out
6. A piece of long bone has been completely broken but it is not separated and has not left the original place, it is known as
- a) incomplete fracture
 - b) compound fracture
 - c) impacted fracture
 - d) simple fracture
7. Which of the following planes is useful in forward and backward bending activities or movement?
- a) Sagittal plane
 - b) Horizontal plane
 - c) frontal-lateral plane
 - d) Transverse plane
8. What will be the speed of a falling of body due to the gravitation force of earth if there is no upward pressure?
- a) 16.1 feet per second
 - b) 32.2 feet per second
 - c) 48.3 feet per second
 - d) 80.5 feet per second
9. What type of motion will be generated if an athlete is throwing a hammer?
- a) Linear motion
 - b) Curvilinear motion
 - c) Circular motion
 - d) Angular motion
10. Suppose a boy is stunting his body on the surface of a court, what kind of friction is it?
- a) Rolling friction
 - b) Sliding friction
 - c) Limiting friction.
 - d) Dynamic friction

Group 'B' [4×7=28]

1. What s difference between growth and development? Why is it important in physical & sports activity?

OR

Differentiate between transfer of learning and learning curve with proper example.

2. What are the beneficial effects of exercise on circulatory and respiratory system?

OR

Delineate the meaning, causes, symptoms and preventive measures of sprain.

3. What is motion? Explain its types with example.

OR

Enumerate the meaning and types of force with proper illustration.

4. Write short notes on any TWO:

- a) Need an drive
- b) Oxygen debt
- c) Friction

Group 'C' [1×12=12]

5. What are the meaning and importance of sports psychology? Discuss the types of personality with appropriate example.

OR

Delineate the meaning and importance of kinesiology and describe the sliding filament theory of muscular contraction.

Exam. 2070

Group "B"

[4×7=28]

- 1. Delineate the laws learning applied to physical and sport activity.
- 2. Highlight the effects of exercise in respiratory and circulatory system.

OR

Differentiate between aerobic and anaerobic glycogen cycle.

3. Discuss the types of levers applied to physical and sports activities.

OR

What is kinesiology? Explain its uses in PE.

4. Write short notes on any two:

- Types of drive
- Dental injury
- Line of gravity

Group "C"

[1×12=12]

5. Why do you need sports psychology? Discuss the aspects of individual differences.

OR

Explain the causes, symptoms and preventive measure of Sprain.

Group "A"

[10]

Attempt all the questions. Tick () the best answers.

- Who emphasized sports psychology as the study of human behaviour in bodily action?
(a) Pillsbury (b) Waston
(c) Woodworth (d) Campbell
- Which of the following drive is responsible for a person's sexual desire and reproduction process?
(a) learned drive (b) felt drive
(c) experienced drive (d) unlearned drive
- According to Carl Jung's classification, athletic personality comes under
(a) extrovert types (b) indovert type
(c) ambivert types (d) introvert type
- All are the scopes of sports medicine EXCEPT...
(a) preventive service (b) therapeutic service
(c) referral service (d) health service
- In which of the following segment of sliding filament theory, excitation and contraction occur simultaneously?
(a) coupling part (b) recharging part
(c) contracting part (d) relaxation part
- In which of the following period, there is a condition of oxygen debt in athletes?
(a) intense exercises time (b) recovery period
(c) endurance activity period (d) initial period
- If a player hits the football with his toe, it comes under the principle of
(a) first class lever (b) second class lever
(c) third class lever (d) 1st & 2nd class lever
- Which of the following sports shoe has better quality of friction in action?
(a) a shoe with nylon sole (b) a shoe with cloth sole
(c) a shoe with rubber sole (d) a shoe with synthetic sole
- All the following are internal resistances EXCEPT
(a) weak muscular strength (b) high temperature
(c) poor physical fitness (d) lack of training
- Which should be done to maintain a strong stability in sports activities?
(a) increase body mass and centre of gravity
(b) decrease friction and reduce segmentation
(c) develop visual power and increase height
(d) increase base and lower centre of gravity

Exam. 2071

Group "B"

4×7=28

Attempt the all questions.

- What are the needs and objectives of sports psychology?
- What is voluntary muscle? Describe its contraction process.

OR

Highlight the cause, symptoms and preventive measures of knee dislocation/

- What are the mechanical advantages of levers in physical and sports activities?

OR

- Enumerate the meaning and types of force.
4. Write short notes on any TWO:
- Reaction time
 - Muscle cramp
 - Equilibrium

Group "B"

1×12=12

5. Discuss the meaning, importance and utilization of kinesiology in physical education.

OR

What are the types of food for athletes? Prepare one day's balanced diet for athletes.

Group "A"

10

Attempt ALL the questions. Tick (✓) the best answers.

- "Psychology and athletics" was the first book ever published in the field of sport psychology, and it was authored by
 - A.C. Bennet
 - Brant J. Cratty
 - Charles A. Bucher
 - Colman Griffith
- All are the scopes of sports psychology EXCEPT
 - sports competition
 - training and coaching
 - diet of athletes
 - individual difference
- If some students have already learned some skills of volleyball and at present they are in training, then they will have
 - continuous progress
 - irregular progress
 - excellent progress
 - plateau in learning
- In which of the following imitation, students learn physical and sports activities with deep interest?
 - sympathetic imitation
 - deliberate imitation
 - motor imitation
 - psycho-based imitation
- Which of the following services of sports medicine is comparatively of longer period?
 - rehabilitation service
 - diagnostic service
 - therapeutic service
 - referral service
- Which of the following parts contains thread like structures called myofibrils?
 - endomysium
 - muscle fiber
 - sarcolemma
 - fasciculus
- Which of the following sports is not conducted under the normal aerobic condition?
 - handball
 - 5000 mt. run
 - football
 - 400 mt. run
- A long bone is broken and it looks like sliced by a sharp by a sharp weapon, then it is
 - simple fracture
 - impacted fracture
 - horizontal plane
 - complex fracture
- Which of the following planes separates our body right to left from the centre of side line?
 - frontal-lateral plane
 - sagittal plane
 - horizontal plane
 - median plane
- According to the study and finding of C.E. Palmer, the centre of gravity of all ages of people falls
 - at 45 – 48% height
 - at 50 – 55% height
 - at 55 – 59% height
 - at 52 – 57% height

Exam 2072

Full Marks: 100

Time: 3 hrs.

Attempt All the questions.

Group "B"

8×7=56

- What are the characteristics and uses of individual difference in physical and sports activities?
- What are the chemical changes that occur during muscle contraction?

OR

- What are the causes, symptoms and preventive measures of ankle sprain?
3. Enumerate the meaning and types of body planes.

OR

- Delineate the concept, importance and types of friction in sports.
4. Write short notes on any TWO.
- Motivation in sports.
 - Oxygen debt
 - Force

Group "C"

1×12=12

5. What is sports medicine? Discuss its areas with proper example.

OR

Delineate the importance and types of personality in sports.

Group "A"

20

Attempt All the questions. Tick (✓) the best answers.

- Which of the following aspects and discipline is more concerned with the science of human behaviour?
 - study of kinesiology
 - study of pathology
 - sports of psychology
 - science of humanity
- If a student's learning progress in physical education is shown by a line graph, it is referred as....
 - sudden spurt
 - learning curve
 - plateau in learning
 - progress of learning
- A child is trying to stand and walk without any support it can be termed...
 - physical growth
 - start of movement
 - sign of early childhood
 - motor development
- Which of the following science deals with the sports injuries and its management?
 - sports medicine
 - injury science
 - first aid treatment
 - therapeutic science
- Which of the following parts covers and binds together the bundle of muscle fibers?
 - Uppermysium
 - Endomysium
 - Perimysium
 - Fibromysium
- Once actin and myosin filaments are slid over, the microscopic structure of ATP reappears and it is termed as
 - contraction
 - recharging
 - excitation
 - coupling
- Which of the following is an endurance related aerobic phase of exercise?
 - 200 mt. running
 - Japanese sumo-wrestling
 - cross country running
 - 100 yard dash
- Which of the following planes is also termed as an anteroposterior plane?
 - coronal plane
 - frontal-lateral plane
 - forward-backward plane
 - sagittal plane
- According to the study result of Frances Hellebrandt, the centre of gravity in women's body falls...
 - at 51% height
 - at 55% height
 - at 45% height
 - at 49% height
- Which of the following factors plays an important role in the velocity of a moving object?
 - the amount of the force applied
 - the point of fast moving object
 - the direction of opposite force
 - the duration of moving object

Time: 3 hrs.

Attempt all the questions.

Group "B" 8x7=56

1. As a health education teacher how do you appraise the health status of the students in your own capacity?
2. What is school health programme? List eight main purposes of school health program.

OR

3. What is health instruction? List eight main objectives of health instruction.
4. Why the lecture method is frequently used in health education class? How can make it effective?
5. What are the tools of evaluation in health education? Highlight the importance of objective questions.

OR

6. How do you apply value clarification method in health education? Discuss briefly.
7. Write short note on any two of the following.
a. Standard test b. Non-testing devices
c. Reliability of the test
8. What is health promoting school? What are its purposes?
9. Write 5 main importance of Flannel board. How do you prepare it for your class?

OR

10. List 5 main factors determining choice of method in HPE and describe one of them.
11. What do you mean by school and community cooperation? How should manage the utilization of community resources?

Group "C" 2x12=24

12. Differentiate between separate subject curriculum and broad field curriculum with suitable examples.

OR

13. What do you mean by HPE curriculum? How is it prepared? Explain briefly.
14. List down the eight major components of school health program (SHP). Describe about the physically healthful school living.

Group "A" 20

Attempt all the questions. Tick (✓) the best answers.

1. A group of experts is developing HPE curriculum with a view to produce ideal citizen for future, it is known as
a. broad field curriculum b. an ideal curriculum
c. separate subject curriculum d. humanistic curriculum
2. Why do we need an effective school health program in the schools of Nepal?
a. To raise the health condition of the students
b. To provide the health message in the community
c. To offer remedial health service to the students
d. To provide healthy environment in the school
3. Which of the following activities does not come under the remedial health service?
a. Health counseling and guidance
b. Medical service in hospital bed
c. Follow-up inspection at home
d. Referral service for further cure
4. Which of the following is material focused method?
a. Discussion b. Mini-exhibition
c. Role-play d. Survey
5. Who is responsible for the statement "Teaching method is an assisting part to precede ahead the learning of the students"?
a. Jean Paget b. Joseph Comrade
c. Jesse Helen Haig d. Carl E. Will goose

6. Which of the following teaching aid cannot easily be made from local materials?
 - a. Model
 - b. Graphs
 - c. Flip-chart
 - d. wall-chart
7. Which of the following will be the best aspect for analysis and evaluating the textbook of HPE?
 - a. Mental aspect
 - b. Social aspect
 - c. Academic aspect
 - d. Physical aspect
8. Which of the following devices is used to upgrade the student?
 - a. Post-test
 - b. summative-evaluation
 - c. Pre-test
 - d. formative evaluation
9. What is the appropriate size of a flip-chart?
 - a. 3ft. x 4ft.
 - b. 3ft. x 2ft.
 - c. 4ft. x 4ft.
 - d. 3ft. x 3ft.

EXAM 2068

Attempt ALL the questions.

Group 'B' [8×7=56]

1. What is difference between correlated and integrated curriculum?
OR
Define traditional and conceptual approaches of health and physical education curriculum.
2. What are the principles and maxims of teaching HPE? Describe in brief.
3. Delineate the meaning and importance of communication in teaching HPE.
OR
Enumerate the meaning and types of teaching materials in HPE.
4. What is round table discussion? How do you give health education by using this method?
5. What are the tools of evaluation in health and physical education? Discuss any two of them.
OR
What is difference between formative and diagnostic evaluation?
6. Delineate the meaning and needs health promoting school in Nepalese context.
7. Discuss the technique of managing sports and extra-curricular activities in the school.
8. Shed light on the techniques of counseling and motivating for minimizing the mental for the students.

Group 'C' [2×12=24]

9. What are the meaning and objectives of healthful school living? Discuss its scope.
OR
Prepare a model lesson plan of physical education on the lesson of your choice for grade -9.
10. Critically analyze the present health and physical education textbook of grade - 10. Also present your suggestions to improve it.

Group 'A' (20)

Attempt ALL the questions. Tick the best answers.

1. What is the major weakness of core curriculum that has been experienced in present Faculty of Education campuses?
 - a) lack of relation with other subjects
 - b) shadow in the path of other disciplines
 - c) difficult to implement in campuses
 - d) hard for the students to pass the examination
2. Which of the following curriculum emphasizes that HPE -curriculum should be kept always up to date?
 - a) continuous
 - b) psychological plan
 - c) cycle plan
 - d) modified plan
3. Traditional approach of curriculum development was popular in Nepal
 - a) before 2007 B.S.
 - b) before 2015 B.S.
 - c) before 2028 B.S.
 - d) before 2034 B.S.

4. Which of the following cannot be considered as one of the key aspects or components of HPE curriculum?
 - a) the students
 - b) subject matter
 - c) teaching objectives
 - d) evaluation
5. As the principle of curriculum development what is the foremost important step of developing HPE curriculum?
 - a) formulation of objectives
 - b) selection of units/concepts
 - c) need assessment of pupils
 - d) nationwide implementation
6. The HPE curriculum has been designed keeping in mind all necessary aspects and factors of children, then it can be referred as
 - a) relevancy
 - b) appropriateness
 - c) adequacy
 - d) continuity
7. Which of the following subject matter has not been incorporated in the HPE curriculum of grade -9?
 - a) nutrition
 - b) disease
 - c) occupational health
 - d) environment health
8. Which of the following aspects should not be taken as a key issues to make critical analysis of secondary school HPE textbook?
 - a) physical aspects
 - b) socio-cultural aspects
 - c) academic aspects
 - d) size, colour & price
9. "The method is emerged through the warm relationship between student, teacher and subject matter." Which of the following observed it?
 - a) Joseph Cornade
 - b) Jesse Helen Haag
 - c) J.E & K. Park
 - d) Carl. E. Wittgoose
10. Which of the following cannot be considered as the principle and maxims of teaching HPE?
 - a) learning by doing
 - b) unknown to known
 - c) simple to complex
 - d) general to specific
11. Which of the following element does not come under Schramm's communication model?
 - a) communicator
 - b) message
 - c) channel
 - d) feedback
12. Which of the following is not a child centered teaching method?
 - a) buzz session method
 - b) simple survey method
 - c) mini project method
 - d) lecture
13. A group of health & physical education experts are discussion and giving information on personal hygiene and physical fitness, this comes under
 - a) round table discussion
 - b) simulation method
 - c) panel discussion
 - d) group discussion method
14. What will be the best method to give valuable message about mode of transmission of HIV/AIDS to the community people?
 - a) exhibition
 - b) street drama
 - c) demonstration
 - d) lecture
15. Which of the following specific objectives it written in more behavioural terms?
 - a) the students will play aptitude scale
 - b) the students will like to boat in the pond or river
 - c) the students will serve volleyball in a court
 - d) the pupils will fell the motto of Olympics games
16. A group of experts of educational psychology are studying the personal behavior of an aggressive student in a class and outside, it refers to
 - a) formative evaluation
 - b) research evaluation
 - c) summative evaluation
 - d) diagnostic evaluation
17. What will be the best sequence of physical education lesson?
 - a) demonstration-explanation-exercise
 - b) explanation-practice-feedback
 - c) explanation-demonstration-practice
 - d) warn:-up-main game-evaluation
18. Who will check up the preliminary health condition of the school staffs?

- a) a medical assistant
c) staff nurse
- b) HPE-teacher
d) a specialist
19. Why are intramural and inter-school sports competition organizations.
a) to develop physical fitness of the students
b) to develop social characteristics of the students
c) to develop the competitive spirits of students
d) to keep better relationship between the schools
20. Whom do you think is appropriate and practicable to become a member secretary of school health council?
a) headmaster/principle of the school
b) the chairman of local VDC
c) health & physical education teacher
d) health assistant of the school

Exam 2069

Attempt All the questions.

Group "B"

8×7=56

1. How would you manage Tiffin program in your school for 300 children? Describe briefly.

OR

Describe the main objectives of health instruction.

2. Write eight behavioural (specific) objectives of the lesson "Nutrition" for grade Nine.
3. List eight components of school health programme and describe appraisal aspect of health service.

OR

How do you prepare local teaching material for classroom in HPE? Discuss.

4. What is test? Write the importance of the test.
5. Write short note on any two of the following:
a. Panel discussion b. Cross-word/puzzles c. Demonstration
6. What are the main 6 factors to be considered while developing HPE curriculum? Describe one of them with example.
7. How do you manage of Tiffin in school if you are appointed as a school nutrition manager?
8. Differentiate between work plan and unit plan.

OR

What is micro-teaching? Write its steps briefly.

Group "C"

2×12=24

9. What do you mean by school health service? Describe three main component of school health service.

OR

Define the curriculum in HPE and discuss separate subject curriculum with appropriate examples.

10. What is healthful living? Explain the factors to be considered in planning physical environment with examples.

Group "A"

20

Attempt all the questions. Tick (✓) the best answers.

1. Which of the following person describe the teaching method is regarded as a procedure to achieve, the desired outcome in physical education?
(a) Carl E. Willgoose (b) Jesse F. William
(c) William H. Freeman (d) Jesse Helen Haag
2. Which of the following is the most important factors to make teaching-learning effective?
(a) Teacher (b) Method of teaching
(c) Student (d) Subject matter
3. Which of the following method is the student oriented method?
(a) Film show (b) Lecture
(c) Discussion (d) Field-trip
4. Which of the following method is more applicable in teaching both health and physical education?

- (a) Demonstration (b) Exhibition
(c) Buzz-session (d) Field-trip
5. Integrated content is suitable for
(a) broad field curriculum (b) separate curriculum
(c) developmental curriculum (d) humanistic curriculum
6. Which of the following teaching aid cannot easily be made from local materials?
(a) Model (b) Graph
(c) Wall-chart (d) Flip-chart
7. Which of the following teaching aid is most effective material in HPE classroom?
(a) Radio (b) Tape-recorder
(c) Television (d) Projector documentary
8. Which of the following teaching method provides and opportunity to the students to learn from their own experience?
(a) Discussion (b) Film show
(c) Puppet show (d) Mini project
9. Which of the following person detects major health problems among the students?
(a) Physician (b) Headmaster
(c) Health teacher (d) Grade teacher
10. Which of the following aspect mainly contributes in developing positive attitudes and habits of the students?
(a) healthful school living (b) health instruction
(c) school health service (d) school and community cooperation
11. If a student acquires health information by watching television, what type of instruction can it be referred to?
(a) correlated (b) planned
(c) integrated (d) incidental
12. Which of the following areas comes under school and community cooperation?
(a) pleasant atmosphere (b) integrated health education
(c) cleanliness campaign (d) human relationship among children
13. Which of the following size of a health record card is regarded as a best size?
(a) 7×10" (b) 8×10"
(c) 8×8" (d) 8×12"
14. The history of school health program's eight components are included since
(a) 1960 (b) 1935
(c) 1980 (d) 2000
15. Which of the following statement justifies the meaning of modern curriculum?
(a) an organization of selected and guided experiences
(b) an organization of different syllabus
(c) a course of multipurpose study
(d) a body of the future planning
16. Which of the following devices is used to upgrade the student
(a) pre-test (b) formative evaluation
(c) post-test (d) summative evaluation
17. Which of the following will be the best aspect for analysing and evaluating the textbook of HPE?
(a) mental aspect (b) psychological aspect
(c) academic aspect (d) social aspect
18. A group of experts are developing HPE curriculum with a view to produce ideal citizen for future, it is known as
(a) an ideal curriculum (b) humanistic curriculum
(c) separate subject curriculum (d) broad field curriculum
19. According to Bloom's Taxonomy of objectives, which of the following verb is not concerned with the cognitive domain?
(a) Analyse (b) Select
(c) Interpret (d) Evaluate
20. What is one of the characteristic of the subjective test?
(a) high reliability (b) high validity
(c) useful for comprehensive ability test (d) easy to construct test item

Attempt all the questions.

Group "B"

[8×7=56]

1. What are three key concepts of health education curriculum according to conceptual approach? How do you use these concepts in curriculum development?

OR

What is communication? Describe the process of communication using Bero Model.

2. What is demonstration method of teaching health and physical education? Explain steps of conducting demonstration method.
3. What is poster? How do you prepare a poster for teaching material in health education Describe process of making poster.

OR

What is flannel board? How do you prepare and use it in classroom?

4. What is work plan? How do you prepare work plan? Describe its components with examples.
5. Differentiate between measurement and evaluation in health education.
6. Briefly explain the components of health promoting school.

OR

Describe the importance of health observation by school health teacher in school health services.

7. What factors to be considered while constructing school building? Describe briefly.
8. How do you appraise mental health problems among school students? Describe important techniques briefly.

Group "C"

[2×12=24]

9. What are the elements of cooperative learning method? Describe steps in conducting cooperative learning in health education.

OR

What is micro-teaching? Describe the phases and steps of micro-teaching in health education.

10. What is meant by School Led Total Sanitation? Describe objectives and key components of School Led Total Sanitation?

Group "A"

[20]

Attempt all the questions. Tick () the best answers.

1. Which of the following statements justifies the meaning of modern curriculum of health and physical education?
- (a) organization of selected and guided experiences
(b) a course of multipurpose study
(c) a body of future planning
(d) an organization of different syllabus
2. According to conceptual approach, how many sub-concepts are included in organizing contents of school health education curriculum?
- (a) 10 sub-concepts (b) 21 sub-concepts
(c) 31 sub-concepts (d) 41 sub-concepts
3. In communication process, when does a person encode message as per Westly-Maclean's Model?
- (a) when a message is channelized
(b) when a receiver receives and interprets message meaningful way
(c) when a sender conceptualizes message
(d) when a sender selects and organize message
4. Which of the following methods is appropriate to provide both knowledge and skills among students?
- (a) demonstration (b) value clarification
(c) lecture method (d) role play
5. Which of the following methods promotes for collective and collaborative learning among students?
- (a) group discussion (b) cooperative learning
(c) puppet show (d) value clarification

6. Which of the following is not directly related to life skill?
 (a) communication skills (b) coping skills
 (c) role-play-skills (d) critical thinking skills
7. What is the appropriate size of a posture?
 (a) 3ft×3ft (b) 2 ft×3ft
 (c) 3 ft ×4ft (d) 4 ft × 5ft
8. Which of the following materials is most effective in teaching health education?
 (a) radio (b) tape-recorder
 (c) LCD projector (d) computer
9. Which of the following action verbs is not used in while writing behavioural objectives of lesson plan?
 (a) understand (b) sketch
 (c) classify (d) describe
10. Which of the following should be emphasized at the ending part of physical education class?
 (a) warm-up activity (b) lead up games
 (c) major games (d) fun and recreation activity
11. Which of the following techniques of evaluation will be most appropriate and scientific to assess the student's personal hygiene in the school?
 (a) by a screening test (b) observation and inspection
 (c) a complete medical test (d) oral and written test
12. What is the advantages of objective test?
 (a) it is easy to construct
 (b) it is useful for testing expressing ability.
 (c) helps in testing comprehensive ability
 (d) it is reliable
13. Which one is the objective of health examination in school?
 (a) medical diagnose of diseases
 (b) diagnose and treatment of diseases
 (c) discover defect and health problems
 (d) appraise the nutritional status
14. In what distance should a student stand and read Snellen chart in a vision test procedure?
 (a) 20 ft (b) 25 ft
 (c) 30 ft (d) 40 ft
15. How do you categorize immunity when a child gains lifelong immunity power after getting infection and recovery from chicken pox?
 (a) passive immunity (b) passive acquired immunity
 (c) natural active acquired immunity (d) passive acquired immunity
16. In the context of Nepal, which of the following aspects of healthful school environment is most neglected?
 (a) proper use and maintenance
 (b) construction of play ground
 (c) construction of classroom
 (d) construction of principal's office
17. In what types of health instruction, does a teacher emphasize the effect of pathogenic bacteria on human health while teaching micro-organism in science class?
 (a) integrated health instruction (b) broad field health instruction
 (c) correlate health instruction (d) incidental health instruction
18. Which one is not components of School Led Total Sanitation?
 (a) environment sanitation
 (b) behavioural transformation
 (c) total elimination of open defecation
 (d) school health policy
19. Who should be responsible for making good relation of school and community in school health programme?
 (a) headmaster (b) community leader

- (c) health coordinator (d) supervisor
20. What can school do for school nutrition programme if there is no mid-day meal programme in school?
- establish cafeteria in school compound
 - counsel and advise students and their parents to bring Tiffin from home
 - request government to manage mid-day meal programme in school
 - provide nutrition education to the students and their parents
10. Which of the following teaching aid is most effective teaching material in HPE classroom?
- Radio
 - Tape recorder
 - Documentary (projector)
 - Television
11. The provision for handicapped child in school comes under
- curative aspect
 - preventive aspect
 - remedial aspect
 - appraisal aspect
12. Which of the following is the limitation of the objective test?
- Difficulty in examining
 - Lack of reliability
 - Difficulty in construction
 - Difficulty in administration
13. Which of the following aspect mainly contributes in developing positive attitudes and habits in school children?
- Health instruction
 - Healthful school living
 - Health promotion for staff
 - School and community co-operation
14. Which of the following is the most important factor to develop coping power in student?
- Developing life skill
 - participating in games
 - Well counseling
 - Good guidance
15. What is the best technique of screening the health status of the students in the school?
- Health recording
 - Taking height and weight
 - Direct observation
 - Health examination
16. Which of the following statements justifies the meaning of modern curriculum?
- An organization of different syllabus
 - An organization of selected and guides experiences
 - A body of future planning
 - A course of multipurpose study
17. Teacher and student relationship come under
- healthful school living
 - health instruction
 - school nutrition program
 - school community cooperation
18. Which of the following areas comes under school and community co-operation?
- Integrated health education
 - Cleanliness campaign
 - Pleasant atmosphere
 - Human relationship among student
19. Which is the best method to teach traffic rule?
- Lecture
 - Role play
 - Discussion
 - Mini-project
20. Which of the following plan is not objective of school health program?
- Continuing appraisal of each child's health status
 - Understanding of each child's health needs
 - Providing special health facilities to the exceptional children
 - Providing special health service to the teachers

Exam 2071

Group "B"

8×7=56

Attempt the all questions.

1. What are organizational patterns of health and physical education curriculum? "Broad field curriculum pattern is appropriate for health and physical education curriculum." Justify this statement with your argument.

OR

Explain steps of developing health and physical education curriculum.

2. What are elements of communication? Explain process of classroom communication with these elements.

3. What is project? Describe techniques of conducting mini-project method.
4. What is flip chart? How do you prepare flip chart? Describe the process of making flip chart.

OR

Describe the components of lesson plans with suitable examples.

5. Write the meaning and purpose of school health services.
6. Describe the feature of child friendly school environment.

OR

What are non-testing devices of health education evaluation? Describe about anecdotal record.

7. Write concept and purpose of school nutrition programme.
8. As a health and physical education teacher, how do you manage sports and extra-cultural activities in your school?

Group "C"

2×12=24

9. What is conceptual approach in health education curriculum? How is health education curriculum developed according to this approach?

OR

Describe the concept of life skill based health education. What types of skills should be emphasized in teaching health education? Explain them.

10. What are aims of screening test? As a school health teacher, how do you organize vision screening test in school? Describe its procedures.

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following indicates the horizontal arrangement of contents in health education curriculum
a. level
b. status
c. scope and sequence
d. area and content
2. Which of the following is not include 3-key concepts in health education development according to conceptual approach?
a. growth and development
b. decision-making
c. environment
d. interacting
3. In communication process, when does a person decode message as per Westly - Maclean's Model?
a. When a message is channelized
b. When a receiver and interprets message meaningful way
c. When a sender conceptualizes message
d. When a sender selects and organize message
4. Which one is directly related to brain storming technique?
a. To provide varieties of ideas
b. To provide sufficient experience
c. To provide varieties of options for solving and problem
d. To provide different ideas in one issue in a short time
5. Which of the following terms is used when a teacher gives a lecture in classroom without preparation?
a. impromptu talk
b. extempore talk
c. memorized speech
d. read speech
6. Which of the following methods is the least effective method of PE teaching?
a. discussion method
b. demonstration method
c. project method
d. lecture method
7. How do you categorize a model of the heart in following group of teaching materials?
a. audio
b. visual
c. audio-visual
d. printed
8. Which of the following instructional materials can easily be made available in Nepalese context?
a. radio
b. television
c. posters
d. model of skeleton
9. Which of the following plans is not made by a school teacher?

- a. work plan
c. teaching unit plan
10. Which of the following factors is not considered while making unit plan?
a. students
c. teaching method
11. What will be the best method to evaluate the behaviour and performance of the students in health and physical education class?
a. rating scale
c. check-list
12. Which of the following evaluations helps teachers to assess the achievements of students and their grade?
a. diagnostic evaluation
c. summative evaluation
13. Which of the following activities is directly relevant to the screening test?
a. Snellen test
c. Medical examination
14. Which one of the following methods is to prevent the transmission of chicken pox among school children when a student presents with the symptoms of it?
a. notification
c. immunization
15. Which of the following includes organization of healthful day and teacher-pupil relationships?
a. health service
c. healthful school living
16. Which of the following terms is used in case when a health teacher provides education about prevention measures of diarrhea at the time of disease outbreak in the community?
a. correlated instruction
c. remedial instruction
17. Which one is not key components of School Led Total Sanitation?
a. environmental sanitation
c. total elimination of open defecation
18. Which of the following activities is appropriate for health promotion of the school teacher/staff?
a. providing health information
b. organizing physical exercise, yoga and sport activities
c. maintain healthy school environment
d. promoting good teacher, students and administration relations
19. Which of the following programme can be organized for the participation of community in school programme?
a. sanitation campaign
c. School Led Total Sanitation
20. Who is responsible for counseling students about their health problem and health habits in schools?
a. headmaster
c. health education teacher
- b. lesson plan
d. resource unit plan
- b. subject matters and contents
d. teaching material
- b. observation
d. question and answer
- b. formative evaluation
d. process evaluation
- b. Teacher's observation
d. Laboratory test
- b. isolation
d. closing the school
- b. health instruction
d. community relationship
- b. planned instruction
d. incidental instruction
- b. behavioural transformation
d. school health policy
- b. parent's day and social audit
d. Immunization programme
- b. health staff
d. professional health counselor

Exam 2072

Full Marks: 100

Time: 3 hrs.

Attempt All the questions.

Group "B"

8×7=56

- Why should nature of the subject matter be considered while developing HPE curriculum?
- What are the characteristics of a broad field curriculum?
- Why is lecture method considered as an ineffective method in teaching HPE? Give reasons.

OR

"Most of the teachers get confused in demonstration and exhibition." How could you differentiate them?

4. How is buzz session organized? Give its procedural steps.
5. What are the principles of using teaching materials in the class?
OR
Differentiate between unit plan and lesson plan.
6. What is formative evaluation? How is it applied in teaching HPE?
7. What criteria should be managed to ensure child friendly school?
8. Why is extra-curricular activity necessary to develop students' personality?
OR
How does counseling help in minimizing the mental stress?
9. How can a school participate in community activities? What benefits can a school get participating in those programs?
OR
What types of instructional materials are useful in teaching HPE? What things are to be considered while developing charts?
10. What are the essential characteristics of test and measurement? Give suitable example of each.

Group "A"

20

Attempt All the questions. Tick (✓) the best answers.

1. Which of the following curriculum patterns is basically useful in primary grades?
a. broad field b. separate subject c. integrated d. correlated
2. Which of the following should be considered while developing health and physical education curriculum?
a. it should be based on teaching strategy
b. it should be relevant to life
c. it should contain its separateness
d. it should be based on teachers' psychology
3. Curriculum development centre (CDC) of Nepal government has trend to revise school curriculum in.....
a. every year b. every four year
c. every seven year d. every 10 year
4. Which of the following contents is included in grade nine of HPE curriculum?
a. badminton b. basket ball
c. kho kho d. volleyball
5. Which of the following is the main objective of school health program?
a. to treat physically handicapped students in the class
b. to identify weak students and keep them in isolation
c. to suggest parents for better health of the students.
d. to improve students' health status
6. If a teacher observes some signs of disease, which of the following areas is concerned?
a. healthful school living b. health service
c. health instruction d. community relationship
7. Which of the following personnel's frequently observes the students eyes in school health service?
a. school physician b. health counselor
c. medical personnel d. health education teacher
8. Which of the following activities is related to screening test?
a. Snellen test b. Teacher's observation
c. Medical examination d. Health examination
9. Which of the following programs can bring a warm relation and strong cooperation between school and community members?
a. a big festival organized by the community
b. a fund raising campaign of the school
c. an interaction program between teachers and parents
d. a national level school-community seminar
10. If a student acquires health information by viewing a video clip, what type of instruction can it be referred to?

- a. formal b. non-formal c. informal d. incidental
11. Which of the following areas needs more sanitation in healthful school environment?
a. classroom b. play ground c. toilet b. kitchen
 12. Which of the following aspects is emphasized most by school health program?
a. preventive health b. curative health
c. promotive health d. diagnostic health
 13. Which of the following tools measures the height of human being?
a. Vernier scale b. Weighing scale
c. Studio meter d. Dynomo meter
 14. Which of the following objectives is more behavioural one?
a. to know the meaning of school program
b. to understand the necessity of instructional materials.
c. to demonstrate the methods of brushing teeth
d. to realize the effects of alcohol use
 15. Which of the following is the best one to assess the students cognitive behaviour?
a. written test b. skill test c. observation d. check list
 16. What does the rationale for teaching method stand for?
a. science of teaching method b. objectives of teaching method
c. reasons of teaching method d. principles of teaching method
 17. Which of the following tools is appropriate to evaluate the status of cleanliness in a community?
a. questionnaire b. observation
c. inspection d. interview
 18. Which of the following is considered for the health attitude?
a. understanding of health promotion
b. acceptance of personal responsibility for health promotion
c. immediate correction of all remedial disorder
d. following the rules of personal hygiene
 19. Which of the following instructional materials is the best one to teach HPE classes?
a. self made materials using local materials
b. freely available materials prepared by government
c. Printed materials which can be available in local market
d. quality materials which can easily be found but expensive
 20. Which of the following techniques is suitable for determining internal consistency in a test?
a. the split half technique b. test re-test technique
c. parallel technique d. repeatability technique