HED103

Question: One of the following is not a limitation of World Health Organisation's definition of health

Answer: The definition is Objective

Question: The following are consequences of the barriers to accessing health services except

Answer: Decreased financial load

Question: The instructions given to school children to help them develop healthy habits consist of the following except

Answer: Sleeping hygiene

Question: One of the following is not an importance of Health services

Answer: Health service delivery systems that are not protected, not available, not high quality and not individual based

Question: The areas of information on healthy living to attain the roles of health educators are the following except

Answer: Sedentary life style

Question: One of the following is not a changing concept of health

Answer: Physiological Concept

Question: It is advised that adults engage in

a minimum of of moderate to vigorous

physical activity above usual activities on 5 or more days of the week

Answer: 30mins

Question: It is advised that children and adolescents participate in a minimum of \_ moderate to vigorous physical activity per day at least 5 times a week

Answer: 1 hr

Question: All but one of the following objectives are met through health education in school health services except

Answer: Provides a harzadous school environment that prevents learning

Question: The School Health Services(SHS) is to be implemented on the following pillars for health promoting schools except

Answer: unskilled based health education

Question: The underiisted are some of the outcomes of neglecting personal health except

Answer: Cold tub rash

Question: The main factors affecting health which health education has to assist in answering are

Answer: The political instability

Question: One of the following is not a function of health educators

Answer: Cleaning if health centres

Question: The content of health education may be classified into the following except

Answer: Health budget

Question: The following are specialist careers in Health Education except

Answer: Hospital Maid

Question: Health services can be one of the following

Answer: People based

Question: Barriers to getting Health services include all but one of the following

Answer: Sufficient Insurance Coverage

Question: One of the following is not a terminology in Health Education

Answer: Health Policy

Question: One of the following is not a key element of health promotion as highlighted by WHO(2016)

Answer: Economic stability for all

Question: is a kind of intervention that is

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[HED103] The main function of health educators is to teach people about behaviours that promote wellness.

true

[HED103] Why do you think health occupies a central stage in the lives of people in the society?

All the options

[HED103] According to Green and Ottoson (1999), a community was defined as â€œa group of inhabitants living in a somewhat localised area under the same general

false

[HED103] The following are the pillars of health promotion except

none of the options

[HED103] Community Health refers to the health status of a defined group of people and the actions and conditions put in place, both private(individual/communal and

true

[HED103] A strategic process that is put in place to improve health conditions of the citizens could be referred to asâ€¦â€¦â€¦â€¦â€¦â€¦

All the options

[HED103] There are â€¦â€¦â€¦â€¦pillars of health promotion

three

[HED103] Why is health education necessary for individuals in society?

Health education generally promotes healthy living among people in society.

[HED103] The most effective method of communication in health education is â€¦â€¦..

two-way

[HED103] Health literacy is educating people to acquire knowledge, skills and information to make healthy choices

true

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HED103

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1. Which of these that is not teaching tool used in Health Education

Printed materials

Posters

Leaflets

--->> Organogram

2. One of the following is a type of diagnostic Assessment.

Post test

--->> Pre test

Summative test

Priority test

3. Which of the following is not a type of Assessment.

--->> Periodic Assessment

Diagnostic Assessment

Formative assessment

Sumative assessment

4. The following are primary purpose of interview except.

To gain information

--->> To expose client

To perform some Hypothesis

To collect data

5. Health Education methods can be abserved in the following ways except.

--->> Large method

Group method

Indivoidual method

Mass method

6. The following are famous health museums except.

Chhaumi

--->> Chieagolius

Kath mandu

Buddha temple

7. The following are disadvantages of traditional media except.

Restricted to place of performance

Reach is limited

--->> Expensive in nature

limited scop

8. Types of formative assessment include all these except

Class activities

Students feedback

Observation

--->> Diagnosis

9. One of the following is a disadvantage of poster as teaching aids in Health Education.

It is costly

Large coverage

--->> Is limited

It apeal to ear only

10. Health Education curriculum should include the following except.

Learners activities

Instructional material

--->> Art habit

Learning action