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19/01/26

NAME OF THE EXAMINATION: MPEd. (Master of Physical Education)  
NAME OF THE PAPER: MPE-0901  
NAME OF THE SUBJECT: FUNDAMENTALS OF HEALTH EDUCATION  
SEMESTER: III December 2025  
DURATION: 03 Hours  
MAXIMUM MARKS: 50

**INSTRUCTIONS FOR CANDIDATES**

Attempt any FIVE questions. All questions carry equal marks

- Q1. Define Health Education. Explain different types of methods and media used in health education. (10)
- Q2. Define Health. Describe the factors affecting health. (10)
- Q3. What do you understand by substance abuse? Explain rehabilitation measures used for patients of substance abuse. (10)
- Q4. What are communicable diseases? Describe mode of spread and prevention of any two communicable diseases. (10)
- Q5. What is the need of school health programme? Describe the components of school health programme. (10)
- Q6. Write down the functions and sources of Macronutrients. (10)
- Q7. Define Fitness and Wellness. Explain the components of wellness. (10)
- Q8. Write short notes on the following: (5X2)
- a) Weight Management
  - b) Role of health education in prevention of non-communicable disease.