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(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2021/2022 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER EXAMINATION

FOR THE DEGREE OF BACHELOR OF SCIENCE ENVIRONMENTAL HEALTH

COURSE CODE: HEH 124

COURSE TITLE: **HEALTH EDUCATION AND PROMOTION**

DATE: 21/04/2022   **TIME: 3.00-5.00 PM**

INSTRUCTIONS TO CANDIDATES:

This paper consists of two sections A and B: Answer all questions in section A and any two in section A

MMUST observes ZERO tolerance to examination cheating

Paper Consists of 2 Printed Pages. Please Turn Over .

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SECTION A: ANSWER ALL QUESTIONS (40MARKS).

1. Differentiate the following terms;

i) Health education and Health promotion (2marks)

ii) Theory and Model (2marks)

2. Fundamental home, school and community are considered as the scope of health education from the socio-cultural point of view, briefly discus (4marks)

3. There are 5 steps to followed for health education to occur, discus (4marks)

4. Outline and briefly explain the principles of Health Education (4marks)

5. As an Environmental health student explain Health Education process

6. State any 4 importance of theories in health education and promotion (4marks)

7. List the characteristics of each of 6 steps of the Trans- theoretical Model (4marks)

8. Big Five Personality Traits model, breaks personality down into five components explain (4marks)

9, Discus 5 stages of group development as per group Tuchman model (4marks)

10. Outline 12 health promotion principles (4marks)

SECTION B" ANSWER ANY TWO QUESTIONS (30MARKS)

1. Health Promotion moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions. Explain the 5 health promotion approaches and the way it can be applied (15marks)

2. Health Belief Model (HBM) is used to explain and predict individual changes in Health behaviors, discus (15marks)

3. Diffusion theory concerns with the spread of an innovation through a population. Describe the categories of adopters (15marks)