



(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY

(MMUST)

UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

FIRST YEAR, SECOND TRIMESTER SPECIAL
EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN GLOBAL

COURSE CODE: NRS 126

COURSE TITLE: HEALTH EDUCATION

DATE: Thursday 09th April 2024 **TIME:** 11:00 -1:00Pm

INSTRUCTIONS TO CANDIDATES

Answer all Questions

Sec A: Multiple Choice Questions (MCQ) 20 Marks

Sec B: Short Answer Questions (SAQ) (40 marks)

Sec C : Long Answer Questions (LAQ) (40 marks)

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of --- Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS (MCQ)

(20marks)

1. Principles of health education
 - A. Takes place and it is concerned with learning of concepts
 - B. Ensures learning is understood
 - C. Helps us to prevent and solve health related issues
 - D. Helps us to classify diverse phenomena
2. Health belief model is:
 - A. Training tool in health
 - B. For prevention and curative purposes
 - C. A tool developed to solve health problems
 - D. A theory for health education
3. One of the following is the most appropriate response to improve access to health care services:
 - A. Reduce costs in health services
 - B. Training of health workers
 - C. Community-based care approach
 - D. Giving health information
4. An health poster should
 - A. Be written in bold
 - B. Be meaningful to the audience
 - C. Should convey health messages
 - D. Consist of health message and an illustration
5. The health promotion intervention that focus on social advocacy strive to change
 - A. Social legislative
 - B. Individual
 - C. Organization
 - D. Institutional
6. The term 'health education' refers to be
 - A. To be healthy physically, mentally, economically and socially
 - B. Promotion, prevention and curative services in health
 - C. Education in health
 - D. Health professions (Medical) education
7. The concepts associated with health education consists of except:
 - A. Concepts and Principles of medicine
 - B. Health education, awareness, prevention and curative
 - C. components of primary health
 - D. Millennium development goals
8. Physical activity does the following except
 - A. Promote a positive energy balance
 - B. Increases metabolic rate for extended period of time
 - C. Increases metabolic efficiency for burning calories
 - D. Helps to counteract the decrease in metabolic rate
9. The level of prevention that include health promotion as well as specific protection is
 - A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Quarterly prevention
10. Which of the following is an ideal step to solving health problems for all people

- A. Many hospitals
 - B. Affordable health
 - C. Awareness on health matters
 - D. Access to health services
11. Who are the most vulnerable to health diseases in the society
 - A. Women
 - B. Unemployed Men
 - C. Children and the aged
 - D. Adolescence
 12. Integration of health matters such as HI/AIDS in all sectors may
 - A. Curriculum review
 - B. Increase period of training
 - C. Lead to overhaul curriculum in use
 - D. Adopt to innovative teaching
 13. The main barriers to health care services include
 - A. Lack of services, high cost and lack of insurance cover
 - B. Lack of awareness, low income
 - C. Poor attitudes of health care providers
 - D. Low income, poor infrastructure
 14. Which of the following will enhance effective implementation of a health education programme,
 - A. Goodwill from the community
 - B. Good Financial support
 - C. Health care providers
 - D. Key workshops and meetings
 15. An indicator for adopting to health change is where there is
 - A. Improvement of health-related behaviours
 - B. Decline of communicable diseases
 - C. Reduction of number of patients in hospital
 - D. Access to health services
 16. The purpose of preventing illness is
 - A. Reduce costs for health and improve employment
 - B. Health-directed behavior
 - C. Awareness on health matters
 - D. To promote good health
 17. A suitable way to address new ideas and concepts in health should be to
 - A. Include in curriculum for training
 - B. Offer as continuing education
 - C. Integrate in training
 - D. Offer as common course
 18. Millennium Development Goals are
 - A. Eight international development goals to focus
 - B. Health targets
 - C. Strategies and steps to achieve health
 - D. International targets on health problems
 19. The aim of MDG Goal 4 is to
 - A. Improve mental health

- B. Combat HIV/AIDS
 - C. Reduce child mortality rates
 - D. Achieving universal care
20. The objective of Kenya Vision 2030 is the country's to
- A. Guide to be developed by 2030
 - B. Help transforms Kenya into a "middle-income country
 - C. Harmonise the wide gap of levels of income
 - D. Decentralize health to all citizens by the year 2030

Section B: Short Answer Questions

(40 marks)

1. Explain the following terms used in health education
 - a) Preventive measures (2 marks)
 - b) Health messages (2marks)
 - c) Health behavior (2marks)
 - d) Health promotion (2marks)
 - e) Personal lifestyle (2marks)
2. Effective communication always underpins the success of health messages. What are the components of a good health message? (10marks)
3. Explain five key strategies that a health care work should use to outsource for donation from multi-international humanitarian agencies towards funding a health education project in your community? (10 marks)
4. Outline the process of implementing an health education project in your community (10 marks)

Section C: Long Answer Questions

(40 Marks)

1. Discuss **FIVE** key accept Ministry of Health in Kenya emphasizes provision of Health education to community members **(20marks)**
2. Describe **FIVE** health care promotion and marketing strategies that health care organization needs to implement in order to increase client/patient utilization of health care service provision at the community level **(20marks)**