

Part II

- Answer **only five** questions.

01. (i) What is health promotion? Explain in brief. (M. 03)
- (ii) What is social health promotion? (M. 03)
- (iii) Name 4 health issues which you can see in your living area. (M. 04)
- (iv) Write 2 facts which helped to the diversity of people in society. (M. 02)
02. (i) Write 2 different occasion when you can get stressed. (M. 02)
- (ii) Write 4 good habits which help you to face stress successfully. (M. 04)
- (iii) Explain briefly the sexual identity. (M. 02)
- (iv) Show 4 harmful effects of irresponsible sexual behavior. (M. 04)
03. (i) Name social challenges which affect the health. (M. 04)
- (ii) (A) Name 3 contagious diseases. (M. 03)
- (B) Write 2 spreading methods of pathogens of contagious diseases. (M. 02)
- (iii) Show 3 actions we can get to avoid from communicable diseases. (M. 03)
04. (i) (A) What are the main 2 factors for weather modification and disasters? (M. 02)
- (B) Notify 4 harmful effects which occur from weather modification and disasters? (M. 03)
- (ii) Write 4 actions you can get to restrain the disasters and to mitigate the harm of it. (M. 04)

- (iii) (A) Write 2 problem which can be occurred by living different cultures together. (M. 02)
- (B) Write a skill we should promote in order to get rid of cultural problems and clashes (M. 01)
05. (i) Write 3 physical fitness factors which are important to show the skills in high jump. (M. 03)
- (ii) Write 3 techniques which can be identified in high jump event. (M. 03)
- (iii) (A) Name the main stages of the technique of high jump. (M. 04)
- (B) Write 2 rules and regulations with regard to high jump event. (M. 02)
06. (i) Write 2 examples for the simple ways of finding direction in a jungle exploration. (M. 02)
- (ii) Write 2 factors you should pay your attention when lighting a bonfire. (M. 02)
- (iii) (A) Write 4 types of hearths (fire) you know. (M. 04)
- (B) Write 2 reasons for the diversity of people in society. (M. 02)
- (iv) Write 2 outdoor activities where used bonfires. (M. 02)
- (07) (i) We listen to many of abuse and harassments in our current society. According to that, write 3 factors under abuse and harassments. (M. 03)
- (ii) Write 3 ill-effects which can occur for a newborn baby because of less nourishment of a pregnant mother. (M. 03)
- (iii) (A) Explain the meaning of ‘sexual harassments’ and ‘abuse’. (M. 04)
- (B) Write 2 institutions that can help to whom faced abuse and sexual harassments. (M. 02)