

Nalanda College – Colombo 10

Unit Evaluation

Grade 11

Health and PE

01. Let us build a healthy society

• Answer all questions

- The process of enabling Individuals to control of factors affecting their health and Improving Social Health is
 - Health and Physical Education
 - Health study
 - Health promotion
 - Total health
- None of the a strategy that can be used for health promotion
 - Getting the contribution of the health sector for health promotion
 - Formulation of policies relevant to the health promotion
 - Obtain community participation
 - Building a health promotion environment
- The vision of implementing school health programs in Sri Lanka is
 - obtain the maximum benefit from academic opportunities
 - to develop skills in personal and family Health Promotion
 - to build a healthy and active young generation
 - to improve health status of school children
- The School Health Promotion programs don't directly help
 - to build a healthy environment within School
 - to detect unidentified illness
 - to impart health education to family
 - to improve academic skills of school children
- is an essential quality of the physical environment conducive to promoting school health
 - Provision of adequate facilities for sports
 - Safeguard democracy
 - Students should not be humiliated
 - Having societies for various activities
- The factors that should be present in our mental and social environment to promote health respectively are,
 - Proper disposal of garbage safeguards democracy
 - students should not be insulted and healthy student teacher relationship
 - the presence of clubs and associations for children's activities
 - free of stress and any form of abuse
- Opportunity reserve an education and a good family life are factors that affect the one's
 - Health status
 - Physical environment
 - Economics status
 - The quality of life
- A feature that can be seen in a community within a high quality of life is,
 - Physical fitness
 - Waste management
 - Provision of healthy foods
 - Acting according to the principles

Part II

- Answer all questions

1.

- i. Define the Health Promotion according to the World Health Organization
- ii. write the strategies of Health Promotion
- iii. briefly explain what is the main objective of Health Promotion in school
- iv. Write four functions that the school's health promotion program will accomplish

2.

- i. Name the locations or centers that, Health Promotion can be carried out
- ii. Write some actions that can be carried out in your school under the strategies of Health Promotion separately
- iii. Name some factors that should be present in physical mental and social environment of your school to promote health
- iv. Write down some laws pertaining to school health promotion in Sri Lanka
- v. Mention some health promotion activities that you took part in your school

3.

- i. What is mean by quality of life
- ii. Write the factors that affect the quality of life
- iii. State the features of community with high quality of life
- iv. Mention the criteria used to measure an individual's health status