

Year End Examination 2015 Health Science

Grade 08

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Time: 02 hours

Name/ Index No.

Part I

- Answer all the questions.
 - Underline the correct word for the following statements.
- 01 A total healthy school should have following sections.
(1) Physical and mental environment.
(2) Physical, mental and social environment.
(3) Social, Personal and Physical environment.
(4) Physical, Personal and mental environment.
- 02 This quality can't see in organized games.
(1) Should have definite No. of players. (2) Standed rules and regulations.
(3) No definite place or court. (4) Have definite time duration some times.
- 03 A hormorn that create from testes in male reproduction system.
(1) Testesterone (2) Estrogen (3) Adrenalin (4) Thyroxin
- 04 A turn of 45° in a march.
(1) Turn back (2) Turn left
(3) Turn to front (4) half turn to left or right.
- 05 A technique of volleyball.
(1) spiking (2) throw in (3) attacking (4) court defending
- 06 There are some qualities relate to players as follows.
A - monitoring B - Honest C - Sequential
D - maintain emotions E - take correct decision F - build up good relationships
A mental quality related to players in above factors.
(1) A, B, C (2) B, C, E (3) B, D, E (4) A, F, D
- 07 What is the field event that use of hanging technique.
(1) high jump (2) pole jump (3) track jump (4) long jump
- 08 A infection but can't take as sexually transmitted.
(1) Gonorrhoea (2) Gonococca (3) Syphilis (4) Catalepsy
- 09 A dynamic posture
(1) Sleeping (2) standing (3) waling (4) sitting
- 10 A sport accident happen external body.
(1) sprain (2) overt fracture (3) close fracture (4) pricking
- Fill in the blanks with using the words given in the brackets.
(servicing with hand inside / anaemia / flexibility / lest / ovary)
- 11 food store betime without any damage to its nutritions is called
- 12 is a deficiency disease.
- 13 Female reproduction cells are called
- 14 is a part of a technique in volleyball.
- 15 is a characteristic of physical fitness.
- Put right marks (✓) or wrong marks (x) for given statements.
- 16 1500 m track event start with crouch start. ()
- 17 Prevent bad sexual behaviours can be mention as a factor that affect to reproduction of health. ()
- 18 Dengu fever should prevent by health officers only. ()
- 19 Bar clearance is a stage of long jump. ()
- 20 Husen Bolt is speedy man in the world. ()

(2 x 20 = 40)

Part II

● **Answer first question and four others.**

01 Bamunusinghe M.V. recommended as the best school of health promotion. They won the trophy for health promotion twice. The principal, teachers and students of this school hope to win in next year also and they make a plan to it.

- Clean and maintain physical environment daily.
- Arrange a recycling programme using school sewage.
- Give a traditional food diet with a low price in canteen.
- Display some policies to activate them in school.
- Take necessary helps from school community.

- (1) What is meant by "A health promotion school" ?
- (2) Write two policies use in that type of a school.
- (3) Write an action that they will take to develop the physical health of students.
- (4) Write two proposals of you own to maintain a good physical environment in school.
- (5) Name two persons that take as resource persons for health promotion.
- (6) Name two organizations that can use as helpers to develop the school.
- (7) Write two diseases that infect with use of artificial food too much.
- (8) Write two programmes you own that organized in above school to develop psycho social skills among the students.
- (9) Write two programmes organize in your school to prevent dengue hazard.
- (10) Write two benefits to participate for the exercise programme in school. (2x10=20)

02 A team of players participated for the following events in a sportsmeet.

No.	Name	events
150	Nimal	100 m / 200 m / 400 m
200	Achini	long jump / triple jump / javelin
205	Vijini	800 m / 1500 m / 5000 m
100	Amal	long jump / 100 m / 400 m

- (1) Which is the number that start the events with use of standing start only? (01 mark)
 - (2) Who participated for the field events only? (01 mark)
 - (3) Who participated for the both field and track events? (01 mark)
 - (4) Which track event start with the crouch starting? (03 marks)
 - (5) Write down the main steps of long jump technique. (04 marks)
- 03
- (1) What is the meaning of "first aid"? (02 marks)
 - (2) What are the objectives of "first aid"? (03 marks)
 - (3) Describe the way to give first aid for a faint person. (05 marks)
- 04
- (1) What are the different sections that change in an adolescents? (03 marks)
 - (2) What are the main three factors that affect for reproduction health? (03 marks)
 - (3) Write down two changes of a girl and two of boys in their adolescent period. (04 marks)
- 05 Society face economic and social problems due to can't find out sufficient amount of food. Not only that people face a dangerous situation, because foods are not in fresh and they are mixing with chemicals.
- (1) Write two main situations of food to be spoiled. (02 marks)
 - (2) Write three factors to affect with food to be spoiled. (03 marks)
 - (3) Write two ways to find out the food spoiled. (02 marks)
 - (4) Write four proposals to select healthy foods. (03 marks)
- 06 We use different turns in our day to day life to do different activities. But turns of a march past are very special.
- (1) What are the different turn postures in a March Past? (03 marks)
 - (2) Name 03 main situations to give a command in a march Past. (03 marks)