

13

BABCOCK UNIVERSITY
DEPARTMENT OF PUBLIC HEALTH
COURSE TITLE: HEALTH PRINCIPLES (GEDS 112) 2 UNITS
2016/2017 SESSION **TIME: 30 MINS**

MIDSEMESTER EXAMS (15 MARKS)

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INSTRUCTION: ANSWER ALL QUESTIONS ON THE QUESTION PAPER

1. According to WHO, substance abuse is Substance abuse is the hazardous use of psychoactive substances, including alcohol and illicit drugs
2. Vitamin A and Vitamin K are examples of fat soluble vitamins.
3. Amino acid are the building blocks of proteins.
4. Environment and Health education are factors which could determine man's health.
5. A psychoactive drug is A Psychoactive drug is a drug which when taken into the body has some psychological effect
6. The dimension of health that explains the ability to interact with other individual is called
a. Social health b. Physical health c. Mental health d. Environmental health
e. Behavioral health
7. The following form the major organs of the circulatory system expect
a. Blood b. Blood vessels c. White blood cells d. Heart e. veins
8. The combination of planned learning activities that enable individuals or group to voluntarily behave in a way that promotes health
a. Health education b. Environmental education c. Health-enhancing behaviors d. Exercise-training education e. A&B only
9. Biblical text which best defines health is luke 2:52
10. The best and most friendly form of waste management is Water closet
11. Newstart is the acronym that guides the Adventist philosophy of good living.
12. Movement is the main biological function of the muscular system.