



**RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES, MIHINTALE**

**B.Sc. (General) Degree in Health Promotion
Second Year – Semester II Examination – April/May 2015**

HPT 2107 – HEALTH IMPROVEMENT

Time: 1 1/2 hours

Answer all three (3) questions.

Illustrate your answers with labeled diagrams where appropriate.

1. a) List four (4) measures of physical wellbeing. (20 marks)
b) Outline the major steps of the process to improve physical wellbeing of grade 10 students in Mihintale Maha Vidyalaya over a period of 6 months. (50 marks)
c) Briefly explain four (4) outcome indicators that you would use to measure changes in physical wellbeing. (30 marks)
2. a) Discuss the statement 'Making a behavioral change of a person who is in good health is more difficult than when he is sick'. (40 marks)
b) Briefly describe two approaches that are used to make changes in health related behaviour among individuals. (60 marks)
3. a) Compare and contrast the characteristics of evident and hidden obstacles of a health promotion programme. (40 marks)
b) As a health promoter you have been asked to conduct a health promotion intervention to improve the overall wellbeing of children under 5 years of age in the estate sector.
 - i. List 4 evident obstacles you are likely to face when implementing above intervention. (20 marks)
 - ii. Briefly describe your suggestions to overcome the obstacles you mentioned in (3.b.i) (40 marks)