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

**B.Sc. (General) Degree in Health Promotion  
First Year – Semester II Examination – February/March 2019**

**HPT 1208 – PRINCIPLES, STRATEGIES AND PRACTICES IN HEALTH  
PROMOTION**

**Time: Two (02) hours.**

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**Answer ALL questions.**

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1. a) Explain giving examples the term 'empowerment' according to Health Promotion. (50 marks)  
b) Describe two (02) other founding principles that contributed to the development of the discipline of Health Promotion. (50 marks)
2. a) Compare and contrast the characteristics of 'Health education' and 'Health Promotion' (50 marks)  
b) List the major principles of Health Promotion. (20 marks)  
c) Explain the importance of 'process' in health promotion interventions. (30 marks)
3. a) Define following terms.  
i. Strategy (15 marks)  
ii. Method (15 marks)  
b) Explain the difference between 'socio environmental interpretation' and 'individualistic interpretation' of strategies. (30 marks)  
c) Describe in brief the strategies, methods and activities you adopt in addressing 'instant food' consumption of school children in a selected school. (40 marks)
4. a) Discuss giving examples the differences between 'change theories' and 'explanatory theories' in describing health behavior. (40 marks)  
b) Explain how Health Belief model helps smokers to quit smoking. (60 marks)

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