



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

**B.Sc. (General) Degree in Health Promotion  
First Year – Semester I Examination – September/October 2019**

**HPT 1103 – CONCEPTS OF HEALTH**

**Time: One and a half (1 ½) hours**

**Answer ALL questions.**

1. a) Define the term 'Mental Health'. (20 marks)  
 b) List **five (05)** elements of 'Mental Health'. (20 marks)  
 c) Describe the activities to improve mental wellbeing of your batch mates. (60 marks)
  
2. a) Define the term 'health' as described by World Health Organization. (20 marks)  
 b) Discuss strengths and weaknesses of the definition mentioned above (2) a. (50 marks)  
 c) Describe briefly **three (03)** models of health. (30 marks)
  
3. Write short notes on followings;
  - a) Health in Greco-Roman era (25 marks)
  - b) Holistic approach in health promotion (25 marks)
  - c) Prerequisites of health (25 marks)
  - d) Body Mass Index (BMI) as a physical health measure (25 marks)

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