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

**B.Sc. in Health Promotion
First Year – Semester II Examination – January/February 2023**

HPT 1208 – PRINCIPLES, STRATEGIES AND PRACTICES IN HEALTH PROMOTION

Time: Two (02) hours

Answer ALL questions

1. a) List **four (04)** pre-requisites for health according to Ottawa Charter. (20 marks)
b) Describe in brief the term 'Community Empowerment'. (30 marks)
c) Discuss the founding principles of Health Promotion discipline. (50 marks)

2. a) Describe how to transfer power to the target population during a community intervention. (40 marks)
b) Outline the elements of a plan to address family wellbeing of group of villagers. (60 marks)

3. a) Explain the terms 'strategy' and 'method' in relation to public health. (30 marks)
b) Discuss in brief the usefulness of behavior change models in Health Promotion. (30 marks)
c) Describe in brief the 'Theory of Reasoned action & Theory of Planned Behaviour'. (40 marks)

4. Write notes on following topics.
a) Health Promotion process (30 marks)
b) Generating enthusiasm and interest in the target group (30 marks)
c) Action areas of Health Promotion (40 marks)

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