



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

**B.Sc. in Health Promotion
First Year – Semester I Examination – May/June 2022**

HPT 1103 – CONCEPTS OF HEALTH

Time: One and half (1 ½) hours

Answer ALL questions.

1. a) List **four (04)** elements of mental health. **(20 marks)**
 b) Describe **three (03)** elements mentioned in 1(a). **(30 marks)**
 c) Discuss the interconnections between components of health using relevant examples. **(50 marks)**

2. a) Describe how different cultures contributed to evolve the concept of health. **(50 marks)**
 b) Discuss the statement “Holistic approach is the best approach to promote wellbeing of communities”. **(50 marks)**

3. a) Describe the illness-wellness continuum. **(50 marks)**
 b) Outline the factors that influence wellbeing of university new entrants. **(50 marks)**

---END---