



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

**B.Sc. in Health Promotion
First Year – Semester II Examination – September/October 2020**

HPT 1208 – PRINCIPLES, STRATEGIES AND PRACTICES IN HEALTH PROMOTION

Time: Two (02) hours

Answer ALL questions.

1. a) Explain **four (4)** founding principles of Health Promotion. **(40 marks)**
b) Discuss the statement “Health Promotion moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions”. **(60 marks)**
2. a) Describe in brief the relationship between ‘Strategy’ and ‘Method’ in health promotion programmes. **(20 marks)**
b) Outline the key components of “health belief model” by Rosenstock (1974). **(30 marks)**
c) Explain using “cognitive dissonance model” by Festinger (1957) how some individuals start using alcohol due to influence from peers. **(50 marks)**
3. a) Outline the advantages of wellbeing development programmes for workplaces. **(30 marks)**
b) Explain **three (3)** ways of initiating a process to improve wellbeing of teachers in a secondary school. **(30 marks)**
c) Discuss **two (2)** challenges that you are likely to face in the attempt of engaging teachers mentioned above 3.(b). for a “wellbeing improvement” programme. **(40 marks)**
4. a) Describe the term ‘community engagement’. **(30 marks)**
b) Outline the different phases of a Health Promotion process. **(30 marks)**
c) Explain how to transfer the ownership of a Health Promotion process progressively to the members of a community. **(40 marks)**

----- END -----