

HEC101V

October/November 2017

HEALTH EDUCATION

Duration 2 Hours

100 Marks

EXAMINERS

FIRST

MRS MM MANYAKA

SECOND

MRS D HANNAWAY

Closed book examination

This examination question paper remains the property of the University of South Africa and may not be removed from the examination venue

Instructions:

This paper has five questions. Answer all five questions

[TURN OVER]

Questions 1 to 3 are multiple choice questions. Read the instructions carefully before answering.

QUESTION 1

Select the correct answer for each of the following questions. Write the question number and answer only e.g. 1.1. E

- 1.1. Which of these are associated with the respiratory system?**
- (A) Processing of information and coordination of body functions
 - (B) Carries regulator hormones to defend the body against pathogens
 - (C) Together with the heart supplies oxygen and disposes carbon dioxide
 - (D) Excretes dissolved minerals salts
- 1.2. Mineral deficiency is linked to the following diseases?**
- (A) high blood pressure, tooth decay and cancer
 - (B) high blood pressure, infertility and migraine
 - (C) migraine, cancer and obesity
 - (D) none of the above
- 1.3. Deficiency of iron in the body may lead to _____ in young children**
- (A) anorexia
 - (B) amenorrhea
 - (C) anaemia
 - (D) leukaemia
- 1.4. Two basic needs identified by Maslow, include _____**
- (A) success and popularity
 - (B) sexual expression and sleep
 - (C) physical strength and stamina
 - (D) power and leadership
- 1.5. _____ is not one of the conditions caused by aggravated stress.**
- (A) Diabetes
 - (B) Shingles
 - (C) HIV/Aids
 - (D) Lupus
- 1.6. Which of the following manifestations are stress related?**
- (i) Indecisiveness and forgetfulness
 - (ii) Irritability and fatigue
 - (iii) Eye strain, blurred vision lack of motivation
 - (iv) Vomiting and hyperactivity

Answers:

- (A) (i), (ii) and (iii)
- (B) (i) and (iv)
- (C) (i), (ii) and (iv)
- (D) (i), (ii), (iii) and (iv)

[TURN OVER]

- 1.7. When one suffers from _____ the medical examiner is likely to inquire about the patient's family history
- (A) measles
 - (B) HIV/Aids
 - (C) sickle cells
 - (D) flu
- 1.8. Mary has a headache and a high fever. The teacher suspects it might be the onset of flu. Which of the following stages might Mary's flu be at?
- (A) Recovery
 - (B) Incubation
 - (C) Prodromal
 - (D) Clinical
- 1 9 Mpho reports to her teacher that a boy in the class has been bothering her. On inquiry the teacher discovers that this has been going on for a while and it manifested in the boy pulling her clothing (and even tearing her jersey at some point), teasing her and taking her food from her lunch box Which of the following best describes best the kind of abuse Mpho is subjected to?
- (i) Physical abuse and visual abuse
 - (ii) Physical abuse
 - (iii) Bullying and verbal abuse
 - (iv) Physical abuse and sexual harassment

Answers

- (A) (i) & (ii)
 - (B) (ii) & (iii)
 - (C) (iv)
 - (D) (i) & (ii)
- 1.10. The condition where one's blood fails to clot and results in the individual experiencing painful internal bleeding is called:
- (A) emphysema
 - (B) sickle cell anaemia
 - (C) thalassemia
 - (D) haemophilia

(10)

[TURN OVER]

QUESTION 2

Read the statement below and indicate whether the statement is false or true. If the answer is true write (T) next to the corresponding number or if false write the (F) next to the corresponding number. For example if the answer for question 2 11 is true, YOUR ANSWER WOULD BE 2.11 T.

- 2 1 Health literacy is a set of health enhancing behaviours, attitudes and values
- 2 2 Ecology is the study of living things in their environment
- 2 3 The red blood cells contain a protein called haemoglobin which carries oxygen from the lungs throughout to the body
- 2 4 Itching in the eyes and skin can be attributed to a poison called sulphur dioxide
- 2 5 The gland produced by the pancreas is called a thyroid
- 2 6 Formalisation of sexual learning is called sexual orientation
- 2 7 As a principal in an ECD centre, you expect your teachers to consider everyone's blood as infected
- 2 8 Nitrogen oxides are gases created by burning coal and transport fuel
- 2 9 Fainting is a deep stage of unconsciousness
- 2 10 Sabotaging oneself is one of the characteristics of low self-esteem

(10)

[TURN OVER]

QUESTION 3

Match the correct term in A with the description in Column B. Write down only the number and the matching letter e.g. 2.3. a

Column A	Column B
3 1 Diabetes mellitus	a Process of converting nutrients into body tissue and body function
3 2 Olfactory Nerves	b Too much insulin in blood, resulting from low blood sugar
3 3 Dendrites	c A state where pancreas cannot produce insulin at all
3 4 Biosphere	d Protein building blocks
3 5 Insomnia	e Cessation of menstruation
3 6 Amino acid	f Unethical provision of health
3 7 Amenorrhea	g A global system
3 8 Quackery	h Difficulty falling asleep
3 9 Metabolism	i Involved with sense of smell
3 10 Insulin shock	j Neurons that convey impulses to cell bodies

(10)
TOTAL 30

QUESTION 4

Read the following case study and answer the questions that follow.

Mpho's grandfather worked in an asbestos mine for 20 years. In 2015, Mpho's grandfather took early retirement and came to stay with Mpho's family. Mpho loved hearing his grandfather's stories about his experiences in the mining community and looked forward to seeing him every day when he returned from school. Some days Mpho's grandfather would tell Mpho about his illness. He said he had lung cancer. He also told Mpho of other incidences of respiratory diseases that plagued people in and around that mining area. One day Mpho's grandfather fell very ill and was taken to hospital. A few days later Mpho was told that his grandfather had passed away. Mpho felt very sad and confused.

- 4 1 Identify five dimensions of grief that Mpho may experience during this period (10)
- 4 2 What is the difference between communicable and non-communicable disease? (4)
- 4 3 Which of these two categories of diseases did Mpho's grandfather suffer from? (1)
- 4 4 Which other disease is associated with exposure to asbestos fume inhalation? (1)
- 4 5 Give two examples of communicable diseases (2)
- 4 6 Changes in Mpho's emotional life may affect both his physical and intellectual development. Discuss how Mpho's emotional state could affect his physical and intellectual development (5)
- 4 7 Discuss the steps that Mpho's class teacher can take to give Mpho the support he needs when he returns to school after the funeral (5)

[TURN OVER]

- 4 8 Name and define the kind of pollution that was caused by asbestos mining in the area where Mpho's grandfather worked (3)
- 4 9 The community around the asbestos mining area decided to introduce health promotion initiatives in order to create awareness of the impact of asbestos fumes on the community members. Explain what health promotion is and name at least two important ways in which health promotion campaigns can be approached (4)
- [35]**

[TURN OVER]

QUESTION 5

Monde stays with his mother in an *informal* settlement area and attends school around the same area. His mother supports the family as a street vendor supplying taxi drivers with fat cakes (amagwinya). Monde's mom makes sure that she leaves enough fat cakes and tea ingredients for Monde to prepare tea to have with fat cakes for his lunch and sometimes for supper as well. She does not get time to cook proper meals as she wakes up early in the morning and returns home late at night. Monde seems to be growing like his peers and looks overweight for his age. He is often sick and sometimes misses school. On the days he is at school, he struggles to concentrate and underperforms in most subjects. His teacher reported this to his mother more than once. Monde's mother does not understand what makes Monde sick and also why he struggles in class.

- 5.1 In your opinion what are the possible reasons for Monde's sickness and inability to do well in class? (3)
- 5.2 What is the food group that Monde over-indulges in? (2)
- 5.3 The principal called you to advise Monde's mother on the food groups that her son needs in his servings in order to have a well-balanced diet. Write down the food groups that you would suggest to her with two examples for each food group. Also explain at least one function of each food group so Monde's mother can understand the benefit thereof. (10)
- 5.4 Monde runs the risk of being obese. What is obesity? Name and explain two ways in which obesity in children can be prevented. (6)
- 5.5 Though Monde's mother is always busy, the school should ensure that like any other parent, she plays a role in the health education of her child. Mention six ways recommended by Schurr (1992), that schools could undertake in order to include parents in their children's school life or its activities? (6)
- 5.6 Monde's mother comes home late at night and her child prepares tea for himself when she is not yet at home. What 5 personal safety measures can Monde's mom take in her kitchen to ensure that her son is safe at all times? (5)
- 5.7 Which responsibilities in the home do you think Monde's mom could give to Monde to ensure that he remains active and occupied? (3)

(35)**TOTAL: 100****EXAMINERS****FIRST:** MM Manyaka**SECOND:** D Hannaway