



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND TRIMESTER

SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES

DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 1201

COURSE TITLE: HEALTH AND WELLNESS

DATE: XXXX APRIL, 2023

TIME: XXXX

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other question.

This paper consists of 5 printed pages. Please turn over.

Section A: Multiple choice questions (20 Marks).

1. The following are some characteristics of being healthy, Except?
 - B. Absence of disease
 - C. Complete physical, mental, social well-being
 - D. Inability to maintain normal roles
 - E. Process of adaptation to physical and social environment
 - F. Striving toward optimal wellness
2. Which one is not an example of social determinants as observed in our in the society today?
 - A. Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods
 - B. Social norms and attitudes, such as discrimination
 - C. Exposure to crime, violence, and social disorder, such as the presence of trash
 - D. Housing, homes, and neighborhoods
 - E. Social support and social interactions
3. Indicate the appropriate way of the administration of the drugs in humans
 - A. Intravenously, by intramuscular, intrathecal or subcutaneous injection.
 - B. Injected as a solution, suspension or emulsion either: intramuscular, intravenous, intraperitoneal, intraosseous.
 - C. Intramuscular, as a liquid or solid, that is absorbed through the intestines.
 - D. Sublingually, diffusing into the blood through tissues under the tongue.
4. What are the three elements of your Wellness Triangle?
 - A. Mental/Emotional, Physical, and Spiritual
 - B. Social, Physical, and Spiritual
 - C. Physical, Social, and Mental/Emotional
 - D. Social, Physical, and Self-Esteem
5. Which one of the following points is vital for all health care providers to consider when managing chronic diseases.
 - A. Chronic disease is one that lasts for a long time, usually at least six months.
 - B. Chronic disease may not be constantly present.
 - C. It may go into remission and periodically relapse.
 - D. A chronic disease may be stable (does not get any worse) or it may be progressive (gets worse over time).
6. Which is NOT an aspect of your physical health?
 - A. Eating well and drinking water
 - B. Making and keeping friends

- C. Being physically active
- D. Getting enough sleep

7. Setting health-related goals

- A. Ensures that you will obtain your goals.
- B. Helps you plan and safeguard your well-being.
- C. Takes a lot of time and creates stress.
- D. Is a one-time event when you set healthy goals

8. Which statement BEST captures the importance of good personal hygiene?

- A. Your hygiene only affects your physical health.
- B. Good hygiene habits are only important after the age of 21.
- C. Women always have better hygiene than men.
- D. Good personal hygiene is part of being a responsible person

9. What is the main difference between health and wellness?

- A. Wellness is what you have; health is the best you can get.
- B. Health is only your physical health. Wellness is your physical, mental, and spiritual health.
- C. Health is something you always have (in different levels). Wellness is the best your health can be.
- D. Wellness only effects your mind and spirit.

10. How we handle and express our feelings is called: -

- A. Psychological health
- B. Intrapersonal health
- C. Emotional health
- D. Environmental health

11. Diana has a hard time concentrating at school and struggles to do her homework when she gets home. Which aspect of her wellness is suffering?

- A. Physical health
- B. Mental health
- C. Environmental health
- D. Emotional health

12. A risk factor is:

- A. Something that only positively effects your health.
- B. Something that only others can control on your health.
- C. Something that increases your chance of injury, illness, or possible death.
- D. Something that happens when you do stupid and idiotically dangerous stuff.

13. What dimension of wellness has to do with beliefs?

- A. Physical
- B. Social
- C. Spiritual
- D. Occupational

14. Which of the following is NOT an influence on Wellness?

- A. Heredity
- B. Media
- C. Culture
- D. School

15. Which one of the following is an unhealthy habit?

- A. Sharing food
- B. Bathing twice a day
- C. Drinking boiled water
- D. Eating without washing one's hand

16. Which one of the following is not a viral disease?

- A. AIDS
- B. Dengue
- C. Measles
- D. Gonorrhoea

17. Which of the following statements is NOT true about contamination?

- A. Contamination is caused by the entry of germs by an insect bite
- B. Contamination is caused by the entry of germs by an animal bite
- C. Contamination is caused by the entry of germs into drinking water
- D. Contamination is not caused by the entry of germs into drinking edible foods.

18. Which of the following factors is NOT necessary for a healthy person?

- A. Vaccination
- B. Balanced diet
- C. Personal hygiene
- D. Drinking alcohol

19. **Which of the following is the main cause for transmission of the Hiv virus?**

- A. The bite of a mosquito
- B. Sharing drug needles
- C. Drinking contaminated water
- D. Having unprotected sex with HIV infected person.

20. Which statement is true about a person who is in good social health?

- A. She/he spends a lot of time alone
- B. She/he has few friends at school
- C. She/he may not be in good physical health
- D. She/he gets along with others
- E.

SECTION B: SHORT ANSWER QUESTIONS. (40 MARKS)

1. Highlight four (4) barriers to accessing health services 4mks
2. Define the following terms 4mks
 - a. Wellness.
 - b. Growth
 - c. Digestion.
 - d. Health
3. Describe the stages of a disease, give examples where applicable. 6mks
4. Discuss the causes and transmissibility of diseases 5mks
5. Enumerate five factors considered in the classification of communicable diseases. 5mks
6. Describe Classification of diseases based on the Mode of transmission 8mks
7. Identify some of Viral Sexually Transmitted Diseases and their causative agents 5mks
8. Enumerate three (3) categories of Non-Communicable Diseases 3mks

SECTION C (40MARKS). CHOOSE ANY TWO (2) QUESTIONS

1.
 - a. Discuss five (5) key determinants of health. 10mks
 - b. Describe five (5) ways to manage stress among the youths in Kenya. 10mks
2.
 - a. Discuss five (5) dimensions of Wellness. 10mks
 - b. Discuss five (5) strategies in ensuring good health and wellness across all populations. 10mks
3. The Human Body consists of several interacting Systems. Discuss. 20mks