

Assessment Procedure

Health Education- CVAC014

The assessment procedure of this course was done by a descriptive exam and GD. The total mark for the exam was 40 and for GD was 10. The minimum percentage to pass the exam was 50 %. Those who secured minimum pass marks in both were declared qualified. A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA **Value Added Certificate Course Examination 2018** **Health Education**

TIME: 2 Hours

MAX. MARKS: 50

Answer any four questions. Each question carries 10 marks.

1. What style of yoga do you practice and what is your reason for this choice?
2. Explain the methods of improving Healthy Behaviors
3. Why is physical activity beneficial?
4. How does regular aerobic exercise give an individual more endurance?
5. What are the health benefits of yoga from your perspective?
6. Explain Stress Management and Relaxation Techniques


4X10 = 40

Group Discussion **(10 marks)**

- 7. TOPIC : Discuss the spectrum of lifestyle diseases?**

1x10 = 10




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