

Assessment Procedure

Health Education- CVAC014

The assessment procedure of Health Education was done by a descriptive exam followed by a GD. The total mark for the exam was 40 and for GD it was 10. The minimum pass mark was 50% in both. Those who secured a minimum were declared passed. A Sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

Value Added Certificate Course Examination 2019

Health Education

TIME: 2 Hours

MAX. MARKS: 50

Answer any four questions. Each question carries 10 marks.

1. Why is physical activity beneficial?
2. Provide an ideal exercise program that reduces stress for adults.
3. How does regular aerobic exercise give an individual more endurance?
4. What are the health benefits of yoga from your perspective?
5. Explain Stress Management and Relaxation Techniques
6. Explain the methods of improving Healthy Behaviors

4X10 = 40

Group Discussion

(10 marks)

TOPIC : What style of yoga do you practice and what is your reason for this choice?

1x10 = 10



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