

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: HEALTH SCIENCES

APR 2025

PROGRAMME
.....STUDENT REGISTRATION NUMBER
.....

COURSE CODE HS102 (1): HEALTH EDUCATION

DURATION: 2HOURS

TOTAL MARKS: 100 MARKS

INSTRUCTIONS TO CANDIDATES

Section A (Carries 50 Marks)

Answer ALL questions

Indicate whether the following statements are True or False by encircling True (T) or False (F) using a BLUE/BLACK pen.

1. Indicate whether the following statements are True (T) or False (False).

Regarding friends-with-benefits (FWB) relationships among University students :

a) Males are likely to become interested in a romantic relationship

(T) (F)

b) Approximately only 5% of students are likely to engage in FWB

(T) (F)

c) Condom use is less likely if the people involved know each other very well

(T) (F)

- d) Females find it easier to maintain the friendship side of the relationship (T) (F)
- e) They increase the prevalence of unplanned pregnancies (T) (F)

2. Indicate whether the following statements are True or False. Regarding COVID-19:

- a) Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort means a person is free from COVID-19 (T) (F)
- b) COVID-19 can spread in hot and humid climates (T) (F)
- c) Eating garlic prevents COVID-19 (T) (F)
- d) Older people and younger people are more at risk of contracting COVID-19 virus (T) (F)
- e) Antibiotics cannot prevent or treat COVID-19 infection (T) (F)

3. Indicate whether the following statements are True or False. Regarding drug and substance abuse:

- a) A person can be addicted to alcohol (T) (F)
- b) Taking more than a regular dose of a drug is abuse (T) (F)
- c) Drug abuse can make you avoid reality (T) (F)
- d) Family history is a risk factor for drug abuse (T) (F)
- e) Counselling and medications are used in drug and substance abuse treatment (T)(F)

4. Indicate whether the following statements are True or False. The following are symptoms of prostate cancer:

- a) Erectile dysfunction (T) (F)
- b) Blood in urine or semen (T) (F)
- c) Mild headache (T) (F)
- d) Coca cola urine/black water fever (T) (F)

e) Coma

(T) (F)

5. Indicate whether the following statements are True or False. Regarding drug and substance abuse

a) Addiction is the same as physical dependence (T) (F)

b) Addiction is when you experience withdrawal symptoms when you suddenly stop a substance (T) (F)

c) Tolerance is when you are unable to exercise any restraint over your drug using habit (T) (F)

d) Depression puts you at risk of drug abuse (T) (F)

e) Craving for a drug can cause lack of appetite (T) (F)

6. Indicate whether the following statements are True or False. Regarding contraception and conception;

a) An intrauterine device (IUD) can be an effective emergency contraceptive (T) (F)

b) A girl can become pregnant if she has sex before her first monthly period (T) (F)

c) Oral contraceptives may reduce heavy and painful periods (T) (F)

d) Oral contraceptive has a positive effect on acne (T) (F)

e) A woman can always calculate the 'safe' period during her menstrual cycle (T) (F)

7. Indicate whether the following statements are True or False. Regarding media and sexuality:

a) Media has sexual themes marketed to children who may not understand the messages they are seeing (T) (F)

b) Media outlets go out of their way to promote safe sex practices while schools get caught up in red tape. (T) (F)

c) Media always show the consequences of poor sexual decision making and unsafe sexual practices. (T) (F)

d) Media increases sexual risk behaviors (T) (F)

e) Media increases access to information (T) (F)

8. Indicate whether the following statements are True or False. Symptoms of gonorrheal infection include:

- a) Painful, burning sensation when urinating (T) (F)
- b) Genital sores (T) (F)
- c) Vaginal bleeding between periods (T) (F)
- d) Increased vaginal discharge (T) (F)
- e) Skin rash (T) (F)

9. Indicate whether the following statements are True or False. Regarding STIs;

- a) Condoms are the most effective protection against the spread of STIs (T) (F)
- b) STIs can be spread through kissing (T) (F)
- c) Syphilis can be passed from a pregnant mother to her unborn child (T) (F)
- d) Untreated STIs can lead to severe complications such as baby implanted outside the uterus (ectopic pregnancy) (T) (F)
- e) Genital warts are caused by bacteria (T) (F)

10. Fill in the gaps with the correct answer. According to Sternberg's Triangular theory of love below, name the type of love described below;

- a) Intimacy is present but feeling of passion or commitment in the romantic sense is missing.....
- b) Physical passion present without liking and/or commitment.....
- c) Commitment present but there is no passion or intimacy.....
- d) Long term commitment present but minimal or no sexual desire.....
- e) Whirlwind courtship in which passion motivates a commitment

SECTION B (Carries 50 marks)

Answer ALL questions on a separate sheet provided

1.

- a) Define drug and substance abuse (3 Marks)
- b) Explain possible causes of drug and substance abuse among youths in Zimbabwe (10 Marks)
- c) Discuss the strategies that can be used to prevent and control drug and substance abuse among youths (12 Marks)

2.

- a) Justify the administration of COVID-19 vaccine to the Zimbabwean population (5 Marks)
- b) Outline factors affecting the uptake of COVID-19 vaccine (10 Marks)
- c) Discuss interventions that can be adopted to mitigate the poor uptake of the COVID-19 vaccine in Zimbabwe (10 Marks)

END OF PAPER