

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: HEALTH SCIENCES

PROGRAMME
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STUDENT REGISTRATION NUMBER

JAN 2025

COURSE CODE HS102 (1): HEALTH EDUCATION

DURATION: 2 HOURS

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 (F).

Regarding human sexuality:

- | | |
|--|---------|
| a) Human sexuality is solely defined by biological factors. | (T) (F) |
| b) Sexuality is only about physical attraction. | (T) (F) |
| c) Gender identity is the same as sexual orientation. | (T) (F) |
| d) Traditional family values emphasize the importance of marriage and monogamy | (T) (F) |
| e) Open communication about sexuality can promote healthy relationships and values | (T) (F) |

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

Regarding human sexuality:

- a) Transgender people have typical genitals at birth and they do not require reassignment (T) (F)
- b) Biological and cultural factors influence the internal experience of gender identity (T) (F)
- c) Parents and caregivers influence gender roles by choosing children's activities (T) (F)
- d) Sexual orientation refers to an individual's emotional, romantic, and/or sexual attraction to others. (T) (F)
- e) Abstinence-only-model of sex education is based on the assumption that young people will be promiscuous if taught about sexuality (T) (F)

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

Regarding sexually transmitted infections (STIs):

- a) HPV can be prevented by vaccination (T) (F)
- b) A person can have an STI and be unaware that he/she has it (T) (F)
- c) It is normal for females to have some vaginal discharge (T) (F)
- d) Chlamydia is not a communicable disease (T) (F)
- e) If you know your partner very well you, cannot get an STI if you have unprotected sex with him/her (T)(F)

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

Regarding malaria:

- a) Malaria can be eradicated through mosquito control alone. (T) (F)
- b) Can cause anemia and organ failure. (T) (F)
- c) Pregnant women are more susceptible to malaria (T) (F)
- d) Coca cola urine/black water fever is common in mild malaria (T) (F)
- e) The Anopheles mosquito is the only mosquito that transmits malaria (T) (F)

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

- a) High blood pressure increases the risk of kidney disease (T) (F)
- b) Diabetes mellitus increases the risk of kidney disease (T) (F)
- c) Diabetes mellitus increases the risk of blindness (T) (F)
- d) Stroke is a direct complication of uncontrolled sugar (T) (F)
- e) Secondary hypertension has no identifiable cause for most adults (T) (F)

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

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 (T) or False (F). According to Sternberg's Triangular Theory of love:

- a) Fatuous love is characterized by high levels of intimacy and commitment. (T) (F)
- b) Intimacy is when you can't stop thinking about the person, and every time you're with them, you have unexplainable feelings (T) (F)
- c) Romantic love does not involve making life plans. (T) (F)
- d) The Triangular Love Scale is a widely used measure of love based on Sternberg's theory (T) (F)
- e) Companionate love is when a couple is able to easily resolve conflict, have an intimate connection with each other and they have a good sex life (T) (F)

8. Indicate whether the following statements are True (T) or False (F). 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 (T) or False (T). 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 a baby implanted outside the uterus (ectopic pregnancy) (T) (F)
- e) Genital warts are caused by bacteria (T) (F)

10. Indicate whether the following statements are True or False. The following are risk factors for prostate cancer;

- a) Being an African-American man (T) (F)
- b) Being overweight (T) (F)
- c) Eating a lot of red meat (T) (F)
- d) Painful erection (T) (F)
- e) Bladder cancer (T) (F)

SECTION B (Carries 50 marks)

Answer ALL questions on a separate sheet provided

1.
 - a) Outline the differences between communicable and non-communicable diseases (2 Marks)
 - b) Explain ANY two (2) complications of hypertension (5 Marks)
 - c) Discuss the lifestyle modifications that can be adopted to reduce the risks of getting hypertension (18 Marks)
2. Discuss breast cancer under the following headings:
 - a) Non-modifiable risk factors (6 Marks)
 - b) Modifiable risk factors (9 Marks)
 - c) Signs and symptoms (7 Marks)
 - d) Screening tests for the detection of breast cancer (3 Marks)

END OF PAPER