

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: HEALTH SCIENCES

OCT 2024

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

COURSE CODE HS102 (2): 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). In counseling, active listening involves:

a) Concentrate on thinking of how you should respond to the client

(T) (F)

b) Paraphrasing to show that you are comprehending the meaning of the speaker's message

(T) (F)

c) Look at the speaker in the eyes

(T) (F)

d) Explicitly naming the emotions expressed by the client

(T) (F)

e) 'I feel very sorry for you, please stop crying' is an empathetic statement

(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) Most STIs go away without treatment if people wait long enough (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 the most common cause of STIs (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). The following are symptoms of uncomplicated malaria:

- a) Anaemia (T) (F)
- b) Fever (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 (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) Passion only in a relationship is typically infatuation (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) Intimacy glues relationships together (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 (F). 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 main difference between primary and secondary hypertension (3 Marks)
 - b) Explain ANY two (2) complications of hypertension (4 Marks)
 - c) Discuss the lifestyle modifications that can be adopted to reduce the risks of getting hypertension (18 Marks)
2. Discuss cervical cancer under the following headings:
 - a) Risk factors (7 Marks)
 - b) Signs and symptoms (5 Marks)
 - c) Preventions (13 Marks)

END OF PAPER