

**UNIVERSITY OF SWAZILAND
FACULTY OF EDUCATION
DEPARTMENT OF ADUL EDUCATION**

FINAL EXAMINATION MAY 2009

TITLE : HEALTH EDUCATION

COURSE CODE : CPE 101

TIME ALLOWED : TWO (2) HOURS

INSTRUCTIONS:

Answer any 3 questions.

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION HAS BEEN
GRANTED BY THE INVIGILATOR**

HEALTH EDUCATION

1. (a) Discuss any 5 components of health, giving specific examples (10 marks).
(b) Discuss the major health concerns in Swaziland and suggest how these can be managed (15 marks).

2. (a) Discuss 3 reasons or points to illustrate why mental and emotional health are becoming increasingly important in today's society (15 marks).

(b) Describe the 3 characteristics of mental health (6 marks).

(c) Explain why the need to express one's emotion is beneficial to attaining good mental health (4 marks).

3. (a) Define a drug and describe the seven major categories of drugs (16 marks)
(b) Clearly distinguish among the following terms: Use, Misuse and Abuse of drugs (9 marks)

4. (a) Discuss the functions of a healthy family (5 marks)
(b) Describe any 5 types of family (10 marks)
(c) Discuss the characteristics of a healthy family (10 marks)