

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

MAY 2009

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : HSC 309

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATED : 75

INSTRUCTIONS :

- 1. READ INSTRUCTIONS CAREFULLY**
- 2. ANSWER ALL 3 QUESTIONS**
- 3. EACH QUESTION CARRIES 25 MARKS**
- 4. PLEASE WRITE NEATLY AND LEGIBLY**

NB; DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATORS.

QUESTION 1

- (a) A school health programme has three (3) components,
Discuss these components (15 marks)
- (b) In an organisation, communication is vital,
Discuss four (4) types of communication that one has to utilise in this
setting
(4 marks)
- (c) Social sciences are very important in health education and health
promotion.
Discuss the subjects that a health educator has to take into consideration
when planning a health education programme (6)

[25 marks]

QUESTION 2

- (a) The Ministry of Health and Social Welfare has posted you in area 'x'
responsible for the prevention of diseases.
Discuss the three (3) levels of prevention that you would employ in
the prevention of diseases.
(9 marks)
- (b) In 1986 the OTTAWA Charter concluded that there are pre-
requisites for health.
Discuss the five (5) of those pre-requisites as they relate to
Swaziland.
(10 marks)
- (c) When an individual is sick, he/she goes through stages
Discuss six (6) stages of illness behaviour
(6 marks)

[25 marks]

QUESTION 3

- (a) Discuss four (4) aims of health education and health promotion.
(4 marks)
- (b) Mass media is very important when disseminating health information. Discuss two (2) media houses (radio, television) that you would use to disseminate health issues. State the advantages and disadvantages of each.
(15 marks)
- (c) You have been assigned to disseminate health information to mothers at a Child welfare session. Discuss the main points that you have to remember when disseminating the information
(6 marks)

[25 marks]