



SUPPLEMENTARY EXAMINATION

PROGRAM : **BIOKINETICS HONOURS**

MODULE NAME : **PHYSICAL WELLNESS**

MODULE CODE : **HMS 8X07 / SPB 05X7**

DATE : **JULY 2016**

DURATION : **THREE (3) HOURS**

TOTAL MARKS : **100 MARKS**

EXAMINER : **PROF Y. COOPOO**

MODERATOR : **MS.E. WATSON**

NUMBER OF PAGES : **TWO (2) PAGES**

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1 (25 MARKS)

Discuss the following community structures and indicate how they could impact on health promotion. The following community based structures are:

- School setting
- Workplace setting
- Place of worship
- Residential housing settings
- Other community settings

QUESTION 2 (25 MARKS)

When evaluating a person for return to work, a number of factors need to be taken into consideration. Discuss the determinants of return to work, which includes medical, social, work related and psychological factors.

QUESTION 3 (25 MARKS)

Describe the objectives of a corporate workplace programme and indicate why business should provide these worksite programmes. Indicate in a table format what common educational strategies could be implemented in a corporate setting to assist with modification of lifestyle.

QUESTION 4 (25 MARKS)

Develop a programme to improve health around the constraints of a particular school, looking at the facilities, equipment that is available at the school. Based on this develop a physical activity programme for the school for two days a week for a month. Motivate your choice of programme and indicate why certain activities were chosen, showing the health benefits.

TOTAL: 100