**Community health sciences department**

**College of Applied Medical Sciences**

**King Saud University**

**CHS 485**

**School Health Education**

**2nd semester of 1434-1435**

**1st midterm**

**Ms. Samah Alageel**

**Name: Model answer**

**Student no.: ……………………………………**

**Time allowed: 1 hour**

**Marks: 20**

**Please answer the following questions:**

**Please choose the right answer for the following questions (12 grades):**

1. In which of the following three domains more hours are needed to produce change?
2. Cognitive.
3. Affective.
4. Psychomotor.
5. **The maximum ratio of nurses to student should be:**
6. One school nurse to 350 students.
7. One school nurse to 550 students.
8. One school nurse to 750 students.
9. **School health screening programs should include all of the following except:**
10. Vision screening.
11. Genetic screening.
12. Scoliosis.
13. **Myopia is corrected by:**
14. Concave lenses.
15. Convex lenses.
16. Cylindrical lenses.
17. **The visual acuity of a person saw the smallest letter of size 18 from 20 feet away:**
18. 20/18
19. 18/20
20. 18/6
21. **………………………. Type of hearing loss is permanent:**
22. Conductive hearing loss.
23. Sensorineural hearing loss.
24. None, every type could be cured.

1. **Which of the following scoliosis types could be permanent if left untreated:**
2. Lateral scoliosis.
3. Structural scoliosis.
4. Postural scoliosis.
5. **In the case of astigmatism, the light rates focus on:**
6. Short of the retina.
7. Out of the retina.
8. Different points short of the retina.
9. **A child with reading less than …………………. should be referred to the physician.**
10. 20/10.
11. 20/25.
12. 20/40.
13. **The signs of scoliosis include all of the following, except:**
14. Uneven shoulders.
15. Uneven steps.
16. Uneven hips.
17. **Conjunctivitis can be treated by:**
18. Surgery.
19. Antibiotics.
20. Hot compresses.
21. **Learning produce all of the following changes in the brain cell structure, except:**
22. Dendrites grow a thicker myelin.
23. Increase dendrites connections.
24. Increase the number of neurons.

1. **if you learn something new and do it once or twice, you will remember ……………. of what you learned within 20 minutes.**
2. 30%.
3. 60%.
4. 80%.
5. **What does holistic learner mean?**
6. Its referred to brain functions that occur simultaneously.
7. It’s referred to the brain ability to take in numerous among patterned information.
8. Referred to the brain’s function dependency on the learners’ physical health.
9. **Endorphins is a hormone that is produced when:**
10. You feel anxious.
11. You learn new things.
12. You’re concerned.
13. **………………….. hormone make it harder for the neurotransmitters to carry messages across synapses in your brain.**
14. Endorphins.
15. Dopamine.
16. Adrenaline.

**List the six CDC priority areas. (2 grades)**

Students will be graded on 4 only:

1. Tobacco use.
2. Poor eating health.
3. Alcohol & other drug risks.
4. Behaviors that result in intentional and unintentional injuries.
5. Physical inactivity.
6. Sexual behaviors

**Explain the authentic learning approach (3 grades).**

* **Hands On**- Students are allowed to perform as they construct meaning and acquire understanding.
* **Minds On**- Activities allow students to develop thinking processes and encourage them to answer questions.
* **Authentic**- Students are presented with problem solving activities that incorporate authentic real life questions and issues.

**List six elements needed to assure quality school nutrition services (3 grades).**

Any six points of the following:

* Dose the school provides breakfast & lunch meals?
* Are the provided meals in compliance with the dietary guidelines?
* Are kitchen and cafeteria facilities used as nutrition education learning laboratories?
* Are qualified personnel employed in the food service program?
* Does the mandated school wellness policies include nutrition guidelines For food available on the school?
* Are only nutritionally sound products sold throughout the school?
* Is nutrition information, menu planning shared with faculty, staff, parents, food service staff and students?
* Do food service personnel act as resource persons for nutrition education curriculum matters?
* Has an advisory council been organized to support and inform the school nutrition program?