

ADMISSION NUMBER											

## School of Medical and Allied Sciences

Bachelor of Physiotherapy  
Mid Term Examination - Nov 2023

Duration : 90 Minutes  
Max Marks : 50

### Sem V - BHPT5005 - Health Promotion and Fitness

General Instructions

*Answer to the specific question asked*

*Draw neat, labelled diagrams wherever necessary*

*Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Outline the impact of social determinants of health on prevention practice. K2 (2)
- 2) Define strategies to improve health literacy. K1 (3)
- 3) Explain challenges in measuring the outcomes of obesity . K2 (4)
- 4) Summarise examples of primary prevention practices in low back pain. K2 (6)
- 5) Build the Healthy People initiatives and how does it contribute to prevention practice? K3 (6)
- 6) Develop early signs of diabetes and its physiotherapy interventions. K3 (9)
- 7) Discover ethical considerations in prevention practice. K4 (8)
- 8) Analyze the concept of BMI, waist hip ratio and waist to height ratio. K4 (12)

**OR**

Examine, how can physiotherapists empower individuals to take charge of their health through self-management? K4 (12)