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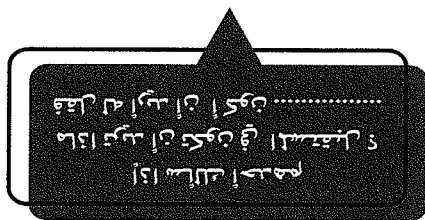
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امتحان الفصل الدراسي الأول

End of Term 1 Exam



Student No / رقم الطالب	
Student Name / اسم الطالب	
School Name / اسم المدرسة	
Grade & Stream / الصف والسر	Grade 11 Gen & Adv - Girls
Subject / المادة	Health Sciences

This table is to be filled by markers

Question No. رقم السؤال	الدرجة	رقمياً In Figures	كتابياً In Words	Marker Name 1 اسم المقيّم 1	Marker Name 2 اسم المقيّم 2	Reviser Name اسم المراجع
Part I						
Part II						
Allocated Mark الدرجة المخصصة						

صف 11	
العلوم الصحية أناث	
G11 HS	
G&A Girls	



FUJ008305A11GENFHEAT1P031



YEAR OF ZAYED



Multiple choice

Part 1:

Choose the correct answer. Circle A, B, C or D.

1.	Which of the following is part of physical health?	(A)	Poor communication
		(B)	Mental health disorders
		(C)	Building relationships
		(D)	Physical activity

2.	Which of the following is important for developing relationships?	(A)	Have poor communication
		(B)	Communicate well with others
		(C)	Not give time to the relationship
		(D)	Change your personality

3.	Which of the following best describes non-verbal communication?	(A)	When you raise your voice
		(B)	How you communicate when you don't use words
		(C)	When you verbally communicate
		(D)	When you speak with someone else

4.	Which of the following is part of emotional health?	(A)	Keeping a healthy body weight
		(B)	Getting blood pressure checked regularly
		(C)	Recognising and expressing emotions and feelings
		(D)	Taking part in physical activity

5.	Health is constantly _____.	(A)	changing
		(B)	matching
		(C)	coordinating
		(D)	staying the same

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6. Understanding what to do when someone is injured or unwell could save a person's

(A)	effort
(B)	energy
(C)	time
(D)	life

7. Which of the following is a benefit of learning first aid?

(A)	It will mean your local area is unsafe.
(B)	It may reduce your confidence.
(C)	It will give you more confidence in an emergency.
(D)	It does not give you any skills.

8. Which of the following would be found in a basic first aid kit?

(A)	Sterile wound dressings
(B)	AED
(C)	Stretcher
(D)	Sphygmomanometer

9. What does medical information jewellery show?

(A)	The colour of the person's hair
(B)	Where the person lives
(C)	Any existing medical conditions
(D)	Where the person bought the jewellery from

10. Which of the following is a sign of a potential spinal injury?

(A)	Ability to balance and walk
(B)	Numbness or tingling in the hands, feet or toes
(C)	Full coordination of the body
(D)	Feeling in hands and feet



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11.	Which of the following best describes peer pressure?	(A)	When your family are nice to you
		(B)	The pressure put on you by people you know, to do things you do not want to do
		(C)	When your friends are nice to you
		(D)	Having good communication with your family

12.	Good relationships with your family and friends can have a _____ effect on your health.	(A)	poor
		(B)	negative
		(C)	bad
		(D)	positive

13.	Which of the following best describes high self-esteem?	(A)	How a person thinks and feels about others
		(B)	When a person feels better than others
		(C)	When a person values their own thoughts and feelings
		(D)	When a person does not value themselves

14.	When people can identify and manage their feelings, they are more likely to:	(A)	have low self-esteem and self-confidence.
		(B)	cope badly with challenges.
		(C)	have high self-esteem and self-confidence.
		(D)	have negative relationships with others.

15.	Which of the following is a way of improving your self-esteem?	(A)	Let negative thoughts influence you
		(B)	Think about the things you can change, and do not worry about the things you cannot change
		(C)	Spend time with people who bring you down
		(D)	Spend time doing things you do not enjoy



16.	Which of the following is the earliest stage of the human life cycle?	(A) Foetal development	(B) Adolescence	(C) Infancy	(D) Childhood
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17.	When is a foetus considered 'full term'?	(A) At 20 weeks	(B) Between 23 – 25 weeks	(C) At 31 weeks	(D) Between 36 and 40 weeks
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18.	Which of the following is a motor reflex in infants?	(A) Throwing	(B) Grasping	(C) Talking	(D) Breathing
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19.	Which of the following best describes how a vaccination works?	(A) Injecting a large amount of a virus or disease into a child	(B) Injecting a small amount of a virus or bacteria into a child, so their body can create antibodies to fight it off	(C) Injecting a virus or disease which will make the child seriously ill	(D) Injecting antibodies for a virus or disease in the body
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20.	Which of the following best describes gross motor skills?	(A) Small body movements	(B) Tiny body movements	(C) Poor body movements	(D) Large body movements
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/ 20



21.	According to the WHO definition of health, it is easy to be in a complete state of health at any time.	(A) True		/1
		(B) False		

22.	A laceration is an injury caused by grazing the skin on a rough surface.	(A) True		/1
		(B) False		

23.	Routine immunisations in the UAE start when a child is 5 years old.	(A) True		/1
		(B) False		

24.	You should wash your hands before making contact with a patient.	(A) True		/1
		(B) False		

25.	Which of the following are ways to improve physical health? Choose four.	(A) Eat a healthy diet		/4
		(B) Get enough physical activity		
		(C) Do no physical activity		
		(D) Get enough sleep		
		(E) Eat an unhealthy diet		
		(F) Keep good hygiene practices		



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26.	Identify the emergency care for external bleeding? Choose three.	/3
(A)	Apply pressure	
(B)	Do not call an ambulance	
(C)	Wear protective equipment such as gloves	
(D)	No treatment is needed	
(E)	Wrap a bandage around the dressing to keep it in place	

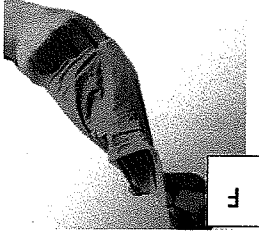
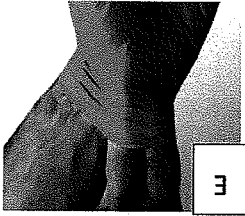

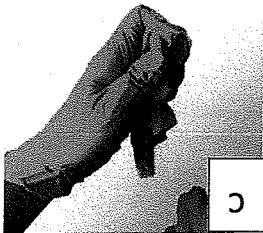
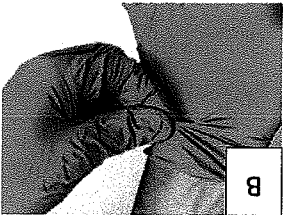
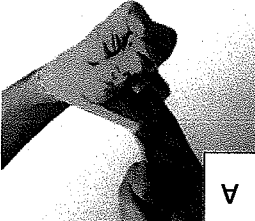
27.	Fill in the blanks about the changing state of health.	/5
<p>All of the dimensions of health are _____; individually and all together. If one dimension of health is not working properly, it will have an impact on the other dimensions. If someone is physically unhealthy, it might _____ their social health.</p> <p>This is why it is very _____ to say if a person is 'healthy' or '_____'. They might be healthy at one point in time, but this can _____ very quickly.</p> <p>A. affect B. important C. difficult D. unhealthy E. change</p>		

28.	Fill in the blanks about emotional health.	/3
<p>_____ health refers to how people _____ about themselves and their ability to _____ their feelings as they deal with challenges in life.</p> <p>A. feel B. emotional C. manage</p>		

29.	Fill in the blanks about external and internal bleeding.	/5
<p>Bleeding can be either _____ or external. External bleeding is when the skin is _____ and blood comes out. Internal bleeding is bleeding _____ the skin.</p> <p>When bleeding is external, it needs to be _____ before the person loses too much blood. Dressings and bandages can be used to stop the _____.</p> <p>A. bleeding B. internal C. stopped D. under E. broken</p>		



30. Order the steps for the safe removal of gloves: /6



Order the steps A – E						
	1	2	3	4	5	6

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