



**EXAMINATION: SEPTEMBER-DECEMBER 2023**

**RIARA FOUNDATION COURSE**

**COURSE TITLE: HEALTH AND WELLNESS**

**COURSE CODE: RFC 113**

**DATE \_\_\_\_\_**

**TIME: 2 HOURS**

**GENERAL INSTRUCTIONS:**

Students are **NOT** permitted to write on the examination **QUESTION** paper during the examination period. This is a closed book examination. Text books/Reference books/notes are not permitted.

**SPECIAL INSTRUCTIONS:**

***QUESTIONS in ALL Sections should be answered in the answer booklet(s). Use the back of your BOOKLET for any calculations or rough work.***

- 1. PLEASE start the answer to EACH question on a NEW PAGE.**
- 2. This examination consists of four (4) questions. Question one is compulsory. Answer any other two questions of your choice in Section B (total- 60 marks).**
- 3. Question one is multiple choice. Answer the multiple choice questions on the answer booklet and NOT on the question paper.**
- 4. Keep your phone(s) switched off, all bags should be kept at the front of the exam room**
- 5. Write your REGISTRATION No. clearly on the answer booklet(s).**
- 6. Indicate the questions done at the bottom of the answer booklet(s) in the order that you answered them.**
- 7. YOU are ONLY ALLOWED to leave the examination room 30minutes to the end of the exam**

**QUESTION ONE (Compulsory Question-20 marks)**

**SECTION A-Part 1**

*a) Multiple choice questions- select the Correct Answer (a, b, c or d). The CORRECT answer MUST be written down on the final examination booklet and NOT on the question paper.* (10 Marks)

**1. The following diseases are sexually transmitted:**

- a. Gonorrhoea
- b. Syphilis
- c. HIV/AIDs
- d. All of the above**

**2. Deficiency of Vitamin C causes:**

- a. Scurvy
- b. Bleeding gums
- c. Anaemia
- d. All of the above

**3. One of the following is NOT a characteristic of addiction?**

- a. Craving
- b. Loss of will power
- c. Denial
- d. Narcistic behavior**

**4. What are the FOUR treatments best used for bone injuries?**

- a. Splints, Braces, plaster cast, traction**
- b. Rub, cold, Bandage, Heat,
- c. Physiotherapy, Stretch, Wrap, cold
- d. Braces, traction, Ice, Rub

**5. What is NOT a symptom of Depression?**

- a. Lack of sleep
- b. Lack of empathy**
- c. Lack of appetite
- d. Hopelessness

**6. One of the following is NOT a macronutrient**

- a) Fats
- b) Vitamin C
- c) Proteins
- d) Carbohydrates

**7. One of the following cannot benefit a HIV/AIDS infected person to reduce the viral load:**

- a) Highly Active Antiretroviral Therapy (HAART)
- b) Talk Therapy
- c) Adherence to medications
- d) Balanced diet

**8. One of the following is NOT an anxiety disorder:**

- a) Generalized anxiety disorder
- b) Separation anxiety disorder
- c) Conduct disorder
- d) Seasonal affective disorder

**9. One of the following is NOT true of physical fitness:**

- a) Reduces stress
- b) Increases cholesterol levels
- c) Helps reduce cardiovascular diseases
- d) Helps strengthen muscles

**10. Prescription drugs available in tablet form are abused in a variety of ways:**

- a) Consumed orally
- b) Crushed into powder
- c) Dissolved in water
- d) All of the above

**QUESTION ONE- Section A: Part 2- It is compulsory to answer both questions in this section**

- a. Discuss briefly any **FIVE** misconceptions about HIV/AIDS in society **(5 marks)**
- i. Shaking hands can spread HIV/AIDS
  - ii. HIV can be transmitted through hugging a person
  - iii. My partner has lost a lot of weight, they are HIV positive
  - iv. I can have multiple sexual partners without protective gear. ARVs are available
  - v. If I am infected with HIV, my life is over.
  - vi. I have to take double ARVs daily in order to live long
  - vii. That am HIV positive, my reproductive organs are destroyed so I cannot sire children

- b. Discuss any **FIVE** macro-nutrients, their food sources and the diseases caused by lack of them. **(5 marks)**

**SECTION B-Choose any two questions of your choice**

**QUESTION TWO**

- a. With examples, define the following terms: **(10 marks)**
- a) Viral
  - b) Respiratory System
  - c) Insomnia
  - d) Helper T-cells
  - e) Immunity
- b. Distinguish between passive immunity and innate immunity in relation to HIV/AIDS infection. )
- (i) **Passive immunity** **(3 marks)**
- (ii) **Innate immunity** **(3 marks)**
- (iii) A healthy regimen recommends that one eats at least five portions of fruits and vegetables daily. Discuss **FOUR** detailed benefits for adhering to this recommendation. **(4 marks)**

### **QUESTION THREE**

- a) Alcohol is a drug. It affects how the brain functions. Analyze any FOUR disadvantages of alcohol on the brain. **(8 Marks)**
- b) memory loss
  - c) problems with learning
  - d) dementia
  - e) liver cirrhosis
  - f) High blood pressure
  - g) slurred speech
  - h) dementia,
  - i) memory
  - j) poor concentration
- b. It is important to know your HIV/AIDS status. Discuss any FOUR benefits of knowing your status. **(4 marks)**
- c. **Physical fitness is an important element to our health and wellness.** Analyze any four benefits of physical fitness **(8 marks)**

### **QUESTION FOUR**

- a) Discuss any five benefits of sports training **(10 marks)**
- b) Post-traumatic Stress Disorder (PTSD) is experienced after a traumatic event (ie death, fatal accident, terrorism). Discuss any five symptoms of PTSD. **(10 Marks)**

**-END-**