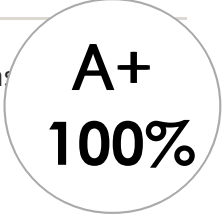


28 Multiple choice questions



A+
100%

1. Deliberate activity that is aimed at enhancing the wellbeing of others and oneself. Based on a theory that the nature of society is a product of individuals acting collectively.
 - a. social justice
 - b. mediation
 - c. social construct
 - d. **CORRECT: social action**

2. One's normal disposition to be anxious generally (trait) vs one's level of anxiety in a particular situation (state)
 - a. **CORRECT: trait and state anxiety**
 - b. Jakarta Declaration
 - c. health status
 - d. health literacy

3. The range of personal, social, economic and environmental factors that determine the health status of individuals and populations
 - a. **CORRECT: determinants of health**
 - b. settings
 - c. new public health
 - d. health

4. A model of health recognising the dual role of lifestyle and living conditions as determinants of health status. It involves establishing programs, policies and services that create environments that support health
 - a. health
 - b. **CORRECT: new public health**
 - c. equity
 - d. resilience

5. The process of enabling people to increase control over and to improve their health
 - a. health
 - b. **CORRECT: health promotion**
 - c. health literacy
 - d. health status

6. Places or social contexts at which populations engage in daily life. These present as potential sites for health-promotion activity that targets the relevant populations
 - a. **CORRECT: settings**
 - b. enabling
 - c. equity
 - d. PNF

7. A form of flexibility training involving a phase of pushing away from the direction of stretch against resistance. This is followed by a period of relaxation with gentle reversing of the resistance to push along the line of stretch increasing the stretch beyond its normal range
 - a. health
 - b. equity
 - c. **CORRECT: PNF**
 - d. EPO

8. A drug that stimulates the bone marrow to produce red blood cells. It is considered as blood doping and its use is banned in sports
 - a. health
 - b. **CORRECT: EPO**
 - c. PNF
 - d. equity

9. These outcomes resulted from the World Health Organisation's 4th International Conference on Health Promotion. The statement raised new health challenges, affirms the Ottawa Charter action areas and establishes the following priorities:
- promote social responsibility for health
 - increase investments for health development
 - consolidate and expand partnerships for health
 - increase community capacity and empower the individual
 - secure an infrastructure for health promotion.
- a. **CORRECT: Jakarta Declaration**
 - b. health promotion
 - c. mediation
 - d. Ottawa Charter
10. A framework for developing fitness programs that emphasise the variables Frequency, Intensity, Type of exercise and Time or duration of exercise
- a. resilience
 - b. **CORRECT: FITT Principle**
 - c. settings
 - d. social justice
11. A value that favours measures that aim at decreasing or eliminating inequity; promoting inclusiveness of diversity; and establishing environments that are supportive of all people
- a. sociocultural
 - b. social construct
 - c. **CORRECT: social justice**
 - d. social action
12. This represents the views of the World Health Organisation's First International Conference on Health Promotion. It outlines prerequisites of health and the importance of enabling, mediating and advocating for health. It outlines 5 essential actions for health promotion:
- build healthy public policy
 - create supportive environments
 - strengthen community action
 - develop personal skills
 - reorient health services
- a. health status
 - b. **CORRECT: Ottawa Charter**
 - c. social action
 - d. advocacy

13. The places people live, work and play that protect people from threats to health and that increase their ability to make health-promoting choices.
- a. blood borne viruses
 - b. social construct
 - c. **CORRECT: supportive environments**
 - d. social action
14. The process of bringing different interests and parties together to a point of accepting solutions that promote health
- a. enabling
 - b. social action
 - c. **CORRECT: mediation**
 - d. equity
15. The deliberate decision to monitor rather than intervene when people are faced with a challenge or problem. This allows for the development of resourcefulness, problem-solving skills and personal growth
- a. social action
 - b. Jakarta Declaration
 - c. trait and state anxiety
 - d. **CORRECT: strategic non-intervention**
16. Different sectors of society work together in a coordinated manner in order to tackle a particular issue or achieve an agreed outcome. The combined effort is more effective and the outcome more sustainable than the health sector working in isolation
- a. social action
 - b. Ottawa Charter
 - c. **CORRECT: intersectoral collaboration**
 - d. Jakarta Declaration
17. A situation whereby resources are allocated in accordance with the needs of individuals and populations with the desired goal of equality of outcomes
- a. enabling
 - b. health
 - c. EPO
 - d. **CORRECT: equity**

18. Related to social and cultural factors that impact on health and physical activity issues.
- a. social action
 - b. **CORRECT: sociocultural**
 - c. social justice
 - d. social construct
19. Used to refer to Hepatitis B and C
- a. social construct
 - b. **CORRECT: blood borne viruses**
 - c. FITT Principle
 - d. supportive environments
20. The process and capacity that allows individuals to successfully adapt to challenges in their lives. It is related to the development of personal life skills, such as social problem-solving, assertiveness, negotiation, social support accessing skills and a sense of connectedness
- a. mediation
 - b. enabling
 - c. **CORRECT: resilience**
 - d. settings
21. A combination of individual and social actions aimed at gaining support and commitment for a particular goal or program
- a. EPO
 - b. settings
 - c. equity
 - d. **CORRECT: advocacy**
22. The removal of possessions, particularly land.
- a. mediation
 - b. social action
 - c. **CORRECT: dispossession**
 - d. resilience

23. A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity
- a. equity
 - b. **CORRECT: health**
 - c. EPO
 - d. enabling
24. A concept that has meaning and shared understandings based on people's ways of seeing, interpreting, interrelating and interacting
- a. social action
 - b. social justice
 - c. sociocultural
 - d. **CORRECT: social construct**
25. Moving the focus of the health sector towards health promotion, prevention and supporting the wellbeing of the whole person to complement traditional roles of diagnosis, treatment and rehabilitation.
- a. health status
 - b. health literacy
 - c. new public health
 - d. **CORRECT: reorienting health services**
26. The ability to understand and interpret health information and services and utilise this information in ways that promote and maintain good health
- a. health status
 - b. health promotion
 - c. health
 - d. **CORRECT: health literacy**
27. The health of an individual or population measured against an identifiable standard
- a. **CORRECT: health status**
 - b. health
 - c. health promotion
 - d. health literacy

28. Action in partnership with individuals and groups, providing resources and support to empower them to promote and protect their health
- a. equity
 - b. health
 - c. settings
 - d. **CORRECT: enabling**