



إسم المستخدم: إسم الطالب: المجموعة: طريقة حل الاختبار:

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المنطقة:

اسم المقرر:

الكلية:

...ال AL RUWAAD 417AD

... V.HSS - Health Science G12ADV

Grade12

العلامة المكتسبة:

الوقت المستغرق:

نوع الاختبار:

الإمتحان:

125/125

mins, 30 secs 51

Final ...2 2021-2022 -A- Males

العلامة: 5/5

?Q.1: Which of the following reduces the risk of injury during a car crash by up to 63%

المخرجات التعليمية المرتبطة

HSC.1.6.01.003 ○

.a Wearing a seatbelt correctly

.b Using a mobile phone

.c Using fog lights

.d Tailgating

?Q.2: Which disease or condition do lipid tests screen for

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

.a Breast cancer

.b Bowel cancer

.c High cholesterol

.d Prostate cancer

?Q.3: What elements make up the fire triangle

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.1.6.01.001 ○

.a Heat, fuel and oxygen

.b Heat, carbon dioxide and fuel

.c Heat, water and ice

.d Heat, fuel and ice

العلامة: 5/5

Q.4: Sultan has a vitamin A deficiency. What does this mean

المخرجات التعليمية المرتبطة

HSC.4.4.01.001 ○

.a Sultan does not have enough vitamin A in his body

.b Sultan consumes too much vitamin A every day

.c Sultan should reduce the amount of vitamin A he consumes

.d Sultan has an allergy to vitamin A

العلامة: 5/5

Q.5: Khalifa received a positive result after his prostate cancer screening test. What does  
this result mean

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

.a Khalifa has been diagnosed with cervical cancer

.b Khalifa is at a low risk of developing prostate cancer

.c Khalifa should do further tests to confirm if he has prostate cancer

.d Khalifa is immune to prostate cancer

العلامة: 5/5

?Q.6: Which of the following statements about disease prevention is true

المخرجات التعليمية المرتبطة

HSC.5.2.01.006 ○

.a Non-communicable diseases are spread by bacteria and parasites

.b Good personal hygiene can help to prevent communicable diseases

.c Eating healthy food can weaken your immune system

.d It is only possible to test for disease when symptoms are present

العلامة: 5/5

?Q.7: What information is needed to calculate a person's body mass index (BMI

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a Waist circumference and body fat percentage

.b Weight and height

.c Weight and age

.d Weight and waist circumference

العلامة: 5/5

?Q.8: Why is it important to do regular health checks and screenings for disease

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

.a To diagnose diseases early, before they start to affect the person

.b To increase people's resistance and immunity to disease

.c To make people worried about their health

.d To identify modifiable risk factors of disease

العلامة: 5/5

?Q.9: Which of the following is the most accurate method of measuring body fat

المخرجات التعليمية المرتبطة

HSC.4.4.01.008 ○

.a Taking a lipid test

.b Using a DEXA scanner

.c Measuring height

.d Calculating BMI

العلامة: 5/5

Q.10: Ahmed has been advised to go for a colonoscopy. What disease does this test screen

?for

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

.a Breast cancer

.b Cervical cancer

.c Prostate cancer

.d Bowel cancer

العلامة: 5/5

?Q.11: Which of the following is a positive health behaviour

المخرجات التعليمية المرتبطة

HSC.5.3.01.002 ○

.a Getting 4 hours of sleep each night

.b Eating fast food and unhealthy snacks

.c Washing your hands before eating

.d Having a sedentary lifestyle

العلامة: 5/5

Q.12: A person who is undernourished is likely to be

المخرجات التعليمية المرتبطة

HSC.4.4.01.001 ○

overweight .a

obese .b

healthy .c

underweight .d

العلامة: 5/5

?Q.13: Which of the following risk factors for disease is non-modifiable

المخرجات التعليمية المرتبطة

HSC.5.2.01.001 ○

Genetics .a

Obesity .b

High cholesterol .c

Sedentary lifestyle .d

العلامة: 5/5

Q.14: Meera weighs 52kg and has 12kg of body fat. Calculate her body fat percentage

using the formula:  $\text{body fat} \div \text{total body weight} \times 100$

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a 23%

.b 12%

.c 0.23%

.d 4%

العلامة: 5/5

Q.15: Which method of assessing nutritional status allows healthcare professionals to

?identify the types of enzymes present in a patient's body

المخرجات التعليمية المرتبطة

HSC.4.4.01.004 ○

.a Anthropometric

.b Biochemical

.c Clinical

.d Dietary



المخرجات التعليمية المرتبطة

HSC.5.2.01.004 ○

.a A tool used to test for a disease or illness

.b A method of diagnosing diseases or conditions

.c An injection that increases people's resistance to a disease

.d An examination to test if people are immune to a disease

?Q.17: Sultan is on the 50th percentile for his height-for-age. What does this mean

المخرجات التعليمية المرتبطة

HSC.4.4.01.008 ○

.a Sultan is small in height for his age

.b Sultan is tall in height for his age

.c Sultan is an average height for his age

.d Sultan is taller than 97% of boys his age

العلامة: 5/5

?Q.18: What information does a person's skinfold thickness indicate

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a How tall or short a person is in comparison to others

.b The total amount of body fat a person has

.c The size of a person's waist circumference

.d Nutritional deficiencies in the body

العلامة: 5/5

?Q.19: Which of the following can cause a road traffic accident

.a Signaling and checking mirrors before making lane changes

.b Checking for traffic before joining the highway

.c Following the road lanes and driving on the correct side of the road

.d Reversing without checking what is behind your car

المخرجات التعليمية المرتبطة

HSC.1.6.01.006 ○

.a Driving too close to the car in front

.b Suddenly changing lanes without signaling

.c Using your phone while driving

.d Entering a road without checking that it is clear

Q.21: Which of the following can help to prevent a non-communicable disease such as diabetes

المخرجات التعليمية المرتبطة

HSC.5.2.01.006 ○

.a Washing your hands regularly

.b Maintaining a healthy weight

.c Staying away from people who are unwell

.d Disinfecting shared areas

العلامة: 5/5

?Q.22: In what way does physical activity benefit your mental health

المخرجات التعليمية المرتبطة

HSC.5.2.01.003 ○

.a Increased endorphins

.b Improved muscular strength

.c Reduced risk of disease

.d Increased body fat

العلامة: 5/5

Q.23: You are cooking food in the kitchen. The oil gets too hot and a fire starts in the pan.

?What should you avoid doing to extinguish the fire

المخرجات التعليمية المرتبطة

HSC.1.6.01.001 ○

.a Pour water over the fire

.b Put a fire blanket over the fire

.c Put a pan lid over the fire

.d All of the above

العلامة: 5/5

Q.24: In terms of undernutrition, which of the following refers to a person who is a low weight for their height

المخرجات التعليمية المرتبطة

HSC.4.4.01.001 ○

.a Wasting

.b Stunting

.c Underweight

.d Deficient

العلامة: 5/5

Q.25: Omar is 61kg and is 159cm tall. Calculate his BMI using the formula:  $\text{weight} \div (\text{height}^2 \text{ (m}^2\text{)})$

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a 24.13

.b 2.52

.c 98

.d 38.36