



طريقة حل الاختبار:

Digital

المجموعة:

...-G12-GEN-3 (827568\$..

إسم الطالب:

إسم المستخدم:

s154872

المنطقة:

...ال AL RUWAAD 417AD

اسم المقرر:

G12GEN.HSS - Health Science G12

الكلية:

Grade12

العلامة المكتسبة:

125/125

الوقت المستغرق:

mins, 54 secs 79

نوع الاختبار:

Final

الإمتحان:

...2 2021-2022 -A- Males

العلامة: 5/5

?Q.1: Which type of medical test is used to screen for breast cancer

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

Mammogram .a

Pap smear test .b

Colonoscopy .c

Lipid test .d

العلامة: 5/5

?Q.2: 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.3: Which of the following can cause a person to develop a disease or illness

المخرجات التعليمية المرتبطة

HSC.5.2.01.006 ○

.a Poor lifestyle choices

.b Bacteria and parasites

.c Family history of disease

.d All of the above

?Q.4: 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

?Q.5: Which term describes when a person has a poor nutritional status

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.4.4.01.001 ○

.a Malnutrition

.b Dietitian

.c Micronutrient

.d Macronutrient

العلامة: 5/5

Q.6: Khalood weighs 59kg and is 1.4m tall. Calculate her BMI using the following formula:

(BMI = weight ÷ height² (m²)

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a 42.1

.b 30.1

.c 23.7

.d 28.1

?Q.7: What is disease prevention

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.5.2.01.006 ○

.a Treating a disease after it has been diagnosed

.b Stopping a disease from developing in the first place

.c Testing for disease when symptoms develop

.d Increasing the risk of developing a disease

?Q.8: How should you safely evacuate a building during a fire

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.1.6.01.002 ○

.a If you are on a high floor, use the elevator to get down

.b Run down the stairs as fast as you can

.c Stay low to the ground if there is smoke

.d Do not evacuate the building and wait for help

.Q.9: A risk factor is something that _____ a person's chance of developing a disease

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.5.2.01.001 ○

.a reduces

.b increases

.c stops

.d decreases

العلامة: 5/5

?Q.10: Noor has been told she should maintain her body weight. What does this mean

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a Noor should lose weight in a healthy way

.b Noor should gain weight in a healthy way

.c Noor should stay at the same weight

.d Noor is at a high risk of disease

العلامة: 5/5

?Q.11: What does it mean to have a positive screening result

المخرجات التعليمية المرتبطة

HSC.5.2.01.005 ○

.a The person is at a low risk of developing the disease

.b The person does not have the disease

.c The person might have the disease

.d The person is immune to the disease

?Q.12: Which of the following risk factors for disease are modifiable

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.5.2.01.001 ○

.a Ethnicity

.b Obesity

.c Genetics

.d Gender

Q.13: The police stopped Omar for dangerous driving as he was swerving suddenly. What is
?swerving

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.1.6.01.006 ○

.a Driving too close to the car in front of you

.b Using your phone while driving

.c Driving through a red light at a signal

.d Changing lanes without signaling or checking first

العلامة: 5/5

Q.14: If something is modifiable, then

المخرجات التعليمية المرتبطة

HSC.5.2.01.001 ○

.a it can be changed

.b it cannot be changed

.c it increases the risk of disease

.d it is communicable

العلامة: 5/5

?Q.15: Rashid has an iron deficiency. What does this mean

المخرجات التعليمية المرتبطة

HSC.4.4.01.001 ○

.a Rashid consumes too much iron every day

.b Rashid should reduce the amount of iron he consumes

.c Rashid has an allergy to iron

.d Rashid does not have enough iron in his body

العلامة: 5/5

?Q.16: Which of the following is a positive health behaviour

المخرجات التعليمية المرتبطة

HSC.5.2.01.002 ○

.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.17: What information is needed to calculate a person's 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.18: In what way does physical activity benefit your social health

المخرجات التعليمية المرتبطة

HSC.5.2.01.003 ○

.a Increased attention span

.b Develop new leadership skills

.c Increased muscular strength

.d Increased endorphins

العلامة: 5/5

?Q.19: What information can be calculated using a person's skinfold thickness

المخرجات التعليمية المرتبطة

HSC.4.4.01.009 ○

.a Body fat percentage

.b Waist circumference

.c Total body weight

.d Nutrient deficiencies

المخرجات التعليمية المرتبطة

HSC.5.2.01.004 ○

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

.b A way to keep track of physical and mental health

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

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

المخرجات التعليمية المرتبطة

HSC.4.4.01.004 ○

.a Measuring waist circumference

.b Taking urine samples

.c Recording food intake

.d Checking the physical appearance of nails

العلامة: 5/5

?Q.22: 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.23: What is tailgating

المخرجات التعليمية المرتبطة

HSC.1.6.01.006 ○

.a Driving too close to the car in front of you

.b Suddenly changing lanes without signalling

.c Using your phone while driving

.d Entering a road without checking that it is clear

Q.24: Why is it important to have good personal hygiene

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.5.2.01.002 ○

.a To increase the spread of germs

.b To control or reduce cholesterol

.c To kill bad bacteria and germs

.d To improve bone and muscular strength

Q.25: _____ methods of assessing nutritional status involve having a physical examination

العلامة: 5/5

المخرجات التعليمية المرتبطة

HSC.4.4.01.005 ○

.a Anthropometric

.b Biochemical

.c Clinical

.d Dietary