

SAMPLE PAPER

LEVEL 1 AWARD IN HEALTH AWARENESS

Papers must be stored securely and unopened until the time of the examination

The time allowed to complete this paper is **45 minutes**

READ EACH QUESTION CAREFULLY

Answer all the questions.

Each question is worth **ONE** mark.

Your details and your selected answers must be marked on the separate answer sheet provided with this paper.

Boxes are provided for you to fill in your details. Your trainer or invigilator will advise you on the centre number, session number and candidate number. You should write in the boxes as instructed.

MARKING INSTRUCTIONS

Using black or blue ink, please write CLEARLY and CAREFULLY inside the boxes using BLOCK CAPITALS, like this:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	1	2	3	4	5	6	7	8	9	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

All twenty questions have four options: A, B, C and D. Each question has only **ONE** correct answer.

Mark your answer **on the answer sheet** in circles beside each question number as follows.

MARKING INSTRUCTIONS:

▶ To select your answer, mark **INSIDE THE CIRCLES**, using black or blue ink, like this:

A	B	C	D
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

▶ If you want to change your answer, **you must** cross out your original answer and mark your new choice, like this:

A	B	C	D
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

▶ If you wish to **return** to an answer previously crossed out, **ring** the answer you now wish to select, like this:

A	B	C	D
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

ANSWER ALL THE QUESTIONS. MARK YOUR ANSWERS ON THE SEPARATE ANSWER SHEET IN THE CIRCLES BESIDE EACH QUESTION NUMBER. CHOOSE ONE OPTION ONLY.

- 1 **'Health and wellbeing ' relates to:**
 - A length of life
 - B physical disability
 - C quality of life
 - D having no illness
- 2 **Which of the following statements best describes holistic health?**
 - A Absence of disease
 - B Physical, mental and social wellbeing
 - C Never taking any medication
 - D Never feeling stressed
- 3 **Breathing, food, water, sleep and safety are:**
 - A enhanced needs
 - B negative needs
 - C basic needs
 - D social needs
- 4 **Population health focuses on:**
 - A personal health of individuals
 - B combined information about a community
 - C medical developments
 - D community developments
- 5 **A healthy lifestyle can reduce:**
 - A the risk of disease
 - B life expectancy
 - C the cost of living
 - D demand for public services
- 6 **Physical activity can reduce the risk of:**
 - A heart disease
 - B kidney disease
 - C repetitive strain injury
 - D melanoma
- 7 **Death, illness and disability rates are examples of:**
 - A public health information
 - B public services information
 - C public funding information
 - D public amenities information
- 8 **A balanced diet is needed for:**
 - A regular attendance at work
 - B personal hygiene
 - C good health
 - D body building
- 9 **Department of Health guidance is that every day we should eat at least:**
 - A two portions of fruit and vegetables
 - B three portions of fruit and vegetables
 - C four portions of fruit and vegetable
 - D five portions of fruit and vegetables
- 10 **The most effective method for cleansing your hands is to use:**
 - A hot water and soap or alcohol hand rub
 - B hot water and disinfectant
 - C sterilization and detergent or sterile wipes
 - D barrier creams and sterile gloves

- 11 **Immunization is a means of:**
A providing complete protection from infection
B delaying infection
C reducing the spread of disease
D reducing the need for hygiene measures
- 12 **What does the term 'empowerment' mean?**
A Giving power to an individual to make informed health choices
B The holding of power by health professionals such as doctors
C Making notes of decisions made by individuals and health professionals
D Giving others decision making powers on your behalf
- 13 **'Moderate exercise' means enough to:**
A make your heart race
B make your muscles ache the next day
C make you breathe faster yet able to talk comfortably
D make you feel exhausted
- 14 **Smoking is linked to:**
A over-eating
B lung cancer
C inactivity
D hormone imbalance
- 15 **What do Local Involvement Networks (LINKs) aim to enable local people to do?**
A influence health and social care provision
B link up with others with similar health conditions for support
C make the best use of assisted transport links
D lobby for better council representation on health matters
- 16 **Alcohol is associated with:**
A high fertility
B improved driving performance
C higher risks of accidents
D good concentration
- 17 **Workplace health measures contribute to:**
A growth in employment
B reduced productivity
C increased sickness absence
D public health
- 18 **Increased control over personal health is to be gained from:**
A information and choice
B income and wealth
C privatised care
D personal health budgets
- 19 **Both men and women should have at least:**
A one alcohol unit a day
B one alcohol free day a week
C three alcohol free days a week
D two alcohol units a day
- 20 **Screening can:**
A prevent cancers
B slow the rate of cancer development
C detect cancer early
D increase the risk of cancer

BLANK PAGE