higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

(9020034)

8 March 2018 (Y-Paper)
13:00–16:00

This question paper consists of 7 pages.

NCV

TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Write neatly and legibly.

NCCAD

QUESTION 1

1.1 Define the following:

1.1.1 Environment

1.1.2 Environmental health

(2 × 2) (4)

1.2 Why is it important for humans to take care of their environment? (4 × 2) (8)

1.3 What can we do to promote a healthy environment? (4 × 2) (8)

1.4 Read the scenario below and answer the questions.

Michelle has been very busy recently and does not have time to cook, so she eats the same type of ready-made meal when she is hungry every day. Her colleague tells her that she will be lacking essential nutrients if she carries on doing this.

1.4.1 What are essential nutrients? (2)

1.4.2 Name ONE type of micronutrient. (1)

1.4.3 Copy and complete the following table in your ANSWER BOOK by naming THREE primary macronutrients and TWO good food sources of each.

MACRONUTRIENT	TWO FOOD SOURCES

(3 × 3) (9)

1.4.4 Explain why it is important that Michelle starts eating a more varied diet. (4 × 2) (8)

[40]

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QUESTION 2

2.1 Arrange and write down the following options for the management of waste in the correct order from most preferred to least preferred for environmental health:

reuse; energy recovery; waste prevention; disposal; recycling

(5)

2.2 Copy the following table in the ANSWER BOOK and fill in each option from the list below in the correct column.

BIODEGRADEABLE	NON-BIODEGRADEABLE

wooden toy; banana peel; plastic bottle; cellphone; eggshells

(5)

2.3 What is water pollution? (2)

2.4 List FOUR pollutants that can contaminate water. (4)

2.5 What short-term effects can air pollution have on health? (4 × 1) (4)

2.6

Students at college often listen to music on their cellphones via earphones and the volume of the music is sometimes very loud. Some students walk around campus playing music through a boom box or speaker every day, disturbing those in class.

2.6.1 Is this a form of noise pollution? Explain your answer. (2)

2.6.2 What effects could this have on the health and well-being of students, including those playing the music and those being disturbed by it in class? (6)

2.6.3 Give TWO signs that someone might have hearing impairment. (2 × 2) (4)

2.6.4 State FOUR ways in which the cars of those dropping off or picking up students on campus can be a source of noise pollution. (4 × 2) (8)

[40]

QUESTION 3

3.1 Explain what is meant by the term *health education*. (3 × 1) (3)

3.2 List THREE common public health issues that people should be more aware of in South Africa. (3 × 1) (3)

3.3 What health promotion methods can be used to raise awareness on issues that affect our health? (4 × 1) (4)

3.4 Why is it important to raise awareness of issues that affect our health? (5 × 2) (10)

3.5 Read the scenario below and answer the questions:

> On a hike through the park, you came across a woman crying out for help. On approaching, you find that she cannot move her legs, and that she is in severe pain.

3.5.1 What is the number of the national emergency response? (1)

3.5.2 Explain whether you think this scenario is an emergency situation or not. (3 × 1) (3)

3.5.3 State the THREE principles of first aid. (3)

3.5.4 State THREE rules that a first aider needs to abide by when dealing with emergencies. (3)

3.5.5 State the steps you should take as a first aider when arriving at the scene. (10 × 1) (10)

[40]

QUESTION 4

4.1 Give ONE example of each of the following types of disabilities:

4.1.1 Physical disability

4.1.2 Psychological disability

4.1.3 Sensory disability

4.1.4 Nonvisible disability

4.1.5 Learning disability

(5 × 2) (10)

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4.2 What is meant by the term *learning disability*? (2)

4.3 Explain how having a pet can be beneficial for someone with a disability. (4 × 2) (8)

4.4 State EIGHT requirements to care for a domestic animal. (8 × 1) (8)

4.5 Recommend SIX ways in which caregivers can take care of themselves and avoid burnout when caring for someone with a disability. (6 × 2) (12)

[40]

QUESTION 5

5.1 Give a definition for each of the following terms:

5.1.1 Employee

5.1.2 Employer

5.1.3 Workplace

5.1.4 Occupational health and safety

(4 × 2) (8)

5.2 Name the TWO main South African occupational health-related acts. (2)

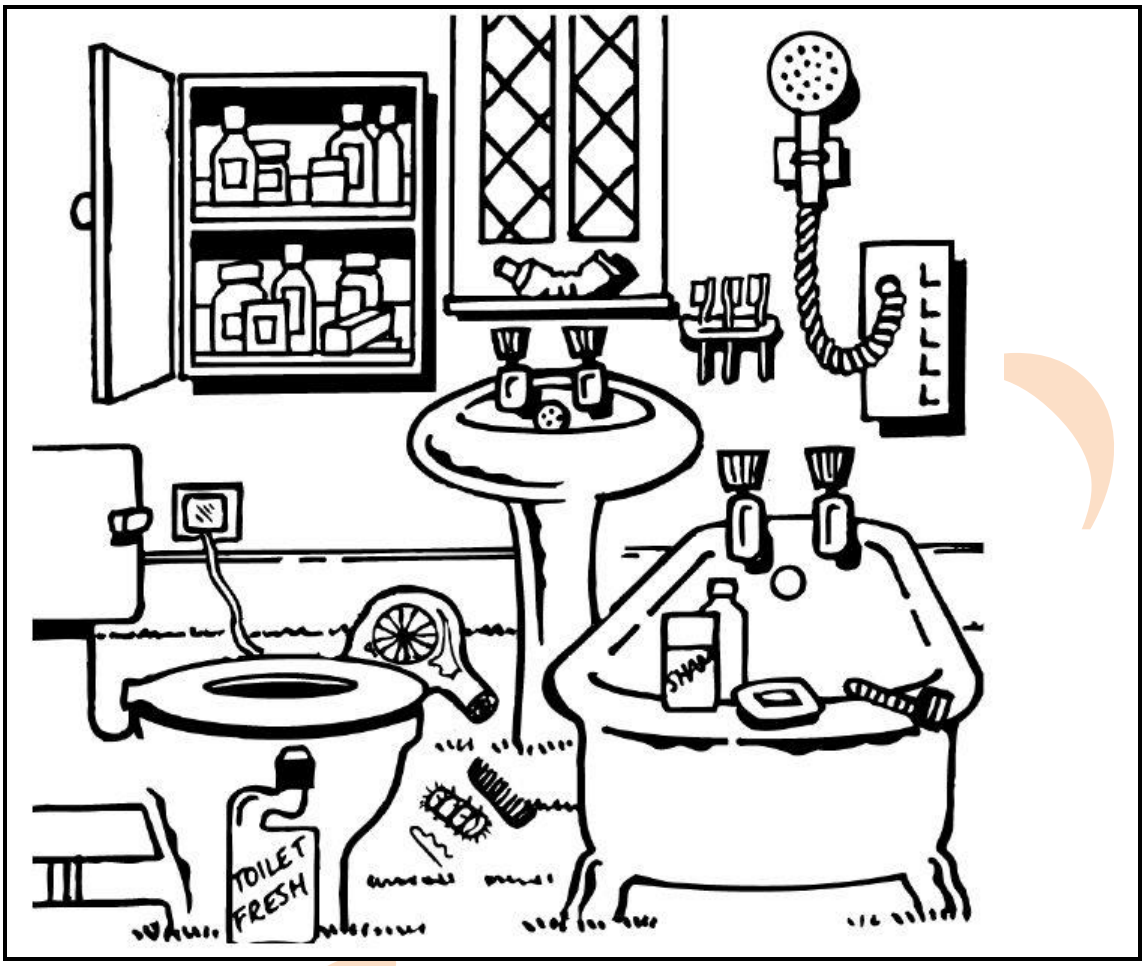
5.3 Copy the following table in the ANSWER BOOK and complete it by filling in and comparing FIVE responsibilities of employers and employees.

EMPLOYER RESPONSIBILITIES	EMPLOYEE RESPONSIBILITIES

(5 × 2) (10)

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5.4 Study the picture below and answer the questions.



Source: http://www.homesafetygame.com/pdf/BAS1.pdf

5.4.1 What are the safety hazards in this picture? (5 × 1) (5)

5.4.2 This bathroom is infested with cockroaches. What can be done to manage these pests? (5 × 1) (5)

5.4.3 What cleaning tasks need to be completed to ensure a clean bathroom? (5 × 1) (5)

5.5 Why is mould in the home unhealthy and dangerous? (5 × 1) (5)

[40]

TOTAL: 200

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