



## MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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### UNIVERSITY EXAMINATIONS 2023/2024

FIRST YEAR, FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN PUBLIC HEALTH, BACHELOR OF SCIENCE IN CLINICAL MEDICINE AND COMMUNITY HEALTH, BACHELOR OF SCIENCE IN HEALTH RECORDS AND INFORMATION MANAGEMENT, BACHELOR OF SCIENCE IN COMMUNITY HEALTH AND DEVELOPMENT, BACHELOR OF SCIENCE IN MEDICAL MICROBIOLOGY AND BACHELOR OF SCIENCE IN MEDICAL LABORATORY

### HCU 3103: HEALTH AND WELLNESS FOR HEALTH SCIENCES

**DATE: JANUARY 2025**

**TIME: 2 HOURS**

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**INSTRUCTIONS: Answer All Questions in Section A and any other TWO in Section B.**

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#### QUESTION ONE (20 MARKS)

- a) List the six (6) dimensions of wellness (3 Marks)
- b) Mention discuss four (4) risk factors to HIV/AIDS. (4 Marks)
- c) Explain three (3) types of stress (6 Marks)
- d) State the importance of early intervention in mental health (2 Marks)
- e) List the two (2) key important nutrients required for bone health (1 Mark)
- f) Name four (4) benefits of strength training (2 Marks)
- g) Name the common causative organisms for urethral discharge (2 Marks)



MUST is ISO 9001:2015 and



ISO/IEC 27001:2013 CERTIFIED

## **SECTION B.**

1. Describe the strategies that communities implement to promote mental well-being (10 Marks)
2. Discuss the importance of maintaining a balanced lifestyle for overall wellness (10 Marks)
3. Discuss the health social consequences of untreated Sexually Transmitted Infections  
(10 Marks)

