

Section A (compulsory)

Answer all the questions in this section.

Question 1 (20 marks)

1.1 Various options are given as possibilities on the following questions. Choose the correct answer and write down the correct letter.

1.1.1 is a natural way to get rid of stress. (1)

- A) Cigarettes
- B) Drugs
- C) Meditation
- D) Alcohol

1.1.2 The following is an example of fair discrimination: (1)

- A) To exclude older people during high impact exercises, which can be dangerous.
- B) Women who are only allowed on a golf course at certain times of the day.
- C) To encourage disabled learners not to participate in physical activities.
- D) To say that boys may not take Visual Arts as a subject in Grade 10.

1.1.3 How can misinterpretation of questions in an exam be prevented? (1)

- A) Don't waste time starting over and over again.
- B) Underline the main words in the question and make sure you only answer what the question requires.
- C) Get enough sleep before the paper.
- D) Start revising well ahead of time to be able to do as much work as possible.

1.1.4 The purpose of impact studies: (1)

- A) It is to teach people and make them aware of issues that affect them.
- B) That you will discover and explore yourself.
- C) It measures and monitors to see if a specific action has or likely to have any effects.
- D) To get more information about the different aspects of a business.

1.1.5 To whom does the Basic Conditions of Employment Act apply? (1)

- A) Only men over 35 years of age.
- B) Children who are between 12 and 18 years old.
- C) All employers and employees, except people who work voluntarily.
- D) All employers and employees.

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creating health Individual collective and structural ecological approaches can better reduce health inequities Moreover engaging the presumed beneficiaries from such strategies ensures that actual needs are identified and choices are context specific It improves the whole implementation process as well as its results Higher levels of participation such as co creation imply a bottom up voluntary collaborative process rooted in values of diversity mutual trust openness autonomy freedom and respect as well as shared expertise responsibility and decision making which are essential values in co creating health promotion *X-kit FET Grade 10 Mathematical Literacy* ,2006

Systematic Approaches to Mental Health Care and Promotion Bach Tran,Roger C. Ho,Brian James Hall,2020-06-05 Globally mental health problems remain as one of the largest contributors to the population burden of diseases According to WHO common mental disorders including depression and anxiety affect the health of about 9% of the world s population and account for over 10% of the total years lived with disability In many parts of the world the number of people with mental health disorders has been increasing fueled by a rapid population growth and aging as well as urbanization and immigration It is estimated that 80% of these non fatal diseases occurred in low and middle income countries However in such settings coverage of both preventive and curative services is still very limited Diversity in socio cultural backgrounds and limited capacity of local health care systems are emphasizing the importance of systematic approaches to understanding and intervening in the issue Although the social economic and health burden of mental health issues are substantial effectiveness of policies and interventions is varied across regions and largely driven by contextual factors Evidence based prevention and treatment approaches involve the synthesis of epidemiological surveys assessment of clinical populations e g chronic medical diseases chronic psychiatric illnesses and studies exploring the role of biological markers in psychiatric illnesses This Research Topic aims to introduce the latest research findings on the application of system thinking in Mental Health Care and Promotion

Psychology of Individual Differences: Clinical and applied research Gregory John Boyle,Donald H. Saklofske,2004 **Social Sciences Index** ,1997

The Psychology of Individual Differences: Clinical and applied research Gregory John Boyle,Donald H. Saklofske,2004 A comprehensive up to date and international synthesis of some of the most significant publications in the psychology of individual differences over the past two decades including highly cited empirical articles critical review articles and key book chapters that have influenced debates in the field

Nature Sir Norman Lockyer,1901 **Science Reporter** ,2003

Understanding Psychology Charles G. Morris,1993 Journal of Behavioral Medicine ,1996 Public Documents of Massachusetts Massachusetts,1903

Outlook Alfred Emanuel Smith,Francis Walton,1882 **Iron & Coal Trades Review** ,1926 Vol 115 includes Diamond jubilee issue 1867 1927

Psychological Abstracts Walter Samuel Hunter,1929 International Journal of Religious Education ,1927 Bulletin University of Minnesota,1940

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