Health Sciences EOT3 Practice Questions

MAI ELMORSY

مؤسسة الإمارات للتعليم المدرسي
EMIRATES SCHOOLS ESTABLISHMENT

G11 General

Question	Example no.	Example
Part 1 – 30 marks		
1	1	List examples of social media. Facebook, Instagram, Whatsapp, Tiktok
	2	What are social media apps? a computer program that you can use to do different things
2	1	Who may access your digital footprint? This footprint could be seen by your family, friends, teachers, future university, or future employer
	2	What information can be found out about a person by doing an online search? This may include information from your social media, your browser history and any photos and videos you upload
3	1	What are the advantages of social media? 1- A lot of information available online 2- Communication with friends and family anywhere in the world 3- People can promote themselves on social media
	2	What are the disadvantages of social media? 1- ACCESS TO YOUR Personal information 2- Risk of hackers 3- People can be addicted to social media
4	1	What are the five senses? - Sight - Hearing - Taste - Smell - touch
	2	What are sensory receptors? allow the senses to transfer information from the environment, through the spinal cord, and on to the brain very quickly .Sensory receptors are located all over the body, and are found in the following: eyes ears nose

Health Sciences EOT3 Practice Questions

		mouth skin
5	1	Which organ is responsible for taste? Tongue, mouth
	2	Which organ is responsible for hearing?? Ear
Part 2 – 50 marks		
6	1	How does social media negatively affect health? • Less face-to-face time(**social effect**) • Sleep problems **(physical effect**) **Mental and emotional effect** • Having fake friends • Feeling inadequate about your life • Comparing yourself with others on social media • Fear of missing out • Isolation • Depression and anxiety • Becoming self-obsessed • Using social media to avoid social engagement • Hiding other underlying problems • cyberbulling • fake profiles -
	2	How does social media positively affect health? - Social media can make meeting people with the same interests easier. - Social media can be used to learn new skills and find information about many different things. - People who are not confident meeting other people face to face can benefit by connecting with others through social media. - People who live in small communities can talk with different groups of people on social media.

Health Sciences EOT3 Practice Questions

		- Find an outlet for your creativity and self-expression. - Find sources of information and learning. - Use it as inspiration to positively improve your lifestyle. - Social media can be used to learn new skills and find information about many different things. - Join or promote worthwhile causes; raise awareness on important issues. - Find emotional support during difficult times, and allows you to offer support to others. - Social media platforms can create easier distance learning. It can give students access to school lessons without having to attend school
7	1	What is online presence? Every time you go on the internet you leave a trace of your activity. This activity will remain somewhere online even if you delete your browsing history, This may include information from your social media, your browser history and any photos and videos you upload
	2	What is digital footprint? All the actions that you take online shape a piece of what is called your 'digital footprint
8	1	What steps can be taken to have a healthy online presence? - Use social network websites in a positive way. You could use them to communicate with your friends about homework or projects. - Think before you post negative things. - Try not to post negative things about other people. If you think something you posted online might hurt or upset other people, do not post it. - Choose what you put online carefully - You do not have to put your whole life on social media. Carefully choose what you want people to know. - Never post anything that you would be unhappy with everybody seeing. - Set your social media settings to private. - Selecting a strong privacy setting will help you control who looks at your posts. But remember private is never fully private. - Research yourself. Do regular searches of your name. See if any bad information has been added
	2	What steps can be taken to have a good digital footprint? The same as previous question
9	1	What should healthcare providers post on social media? Uses of social media 1- They can use online communication platforms to connect with patients.

Health Sciences EOT3 Practice Questions

		2- Social media can be used to share health updates with the public. For example, you could get updates about when to get a COVID-19 vaccination and learn tips on how to avoid spreading the virus. 3- Health facilities can share information about: - opening times. - how to reach a doctor - services available online and on social media. 4- Medical professionals can join social media groups to talk about their area of healthcare.
	2	What information should never be shared on social media by healthcare providers? Medical report or personal information of patient
10	1	On which website would you find reliable health information? - Government health advice websites - Online helplines or forums - Medical journals - Your doctor or nurse, Your doctor or nurse can recommend websites that you can look at if you want information about a health condition

G11 General

	2	What is considered to be reliable healthcare information online? . - Use websites you know: Government websites such as the Ministry of Health and Prevention contain reliable sources of information. - Who wrote it? When you are looking for information, find out who the author is. Find out about their qualifications and experience like health professionals - Is the website safe? Health information should be private. Be careful of websites that ask for private information or share your details with others - Check how old the information is, Sometimes a source of information that was written many years ago is not as reliable as a more recent source.
11	1	What does a health psychologist do? TREATMENT A PERSON WITH MENTAL AND BEHAVIOUR PROBLEMS and according to types

Health Sciences EOT3 Practice Questions

		1- **Clinical psychology** – used to diagnose and treat mental illnesses. 2- **Cognitive psychology** – refers to the study of the processes of the brain. These include thinking, learning, memory and language. 3- **Developmental psychology** – examines how people learn, develop and change their behaviour throughout their lifespan. 4- **Forensic psychology** – can work to investigate criminal cases where they apply their knowledge of human behaviour. 5- **Health psychology** – examines why people behave the way they do in relation to their health. 6- **Personality psychology** – focuses on how people behave, their personality and motivations. 7- **Social psychology** – examines how people interact with others and how this affects them. 8- **Sports psychology** – examines how psychology can affect performance in sports.
	2	What does a clinical psychologist do? diagnose and treat mental illnesses.
12	1	What happens in the pre-operational stage in the theory of cognitive development? 2-7 years. Children develop language skills and begin to use pretend play, draw pictures, and talk about things that happened in the past. They begin to understand different objects, their names and uses
	2	According to the theory of cognitive development, which stage is a 6-year-old at? pre-operational stage
13	1	What are the higher cognitive processes? **learning** – how people gain knowledge **memory** – how people remember things **language** – how people communicate **thinking** – people's thinking processes **intelligence** – people's skills and abilities
	2	Which higher cognitive process refers to how we communicate with each other? language
14	1	What are the types of memory? 1- **Sensory memory** - This is the shortest type of memory. It usually only lasts a few seconds. For example, if someone looks at a picture, they can usually describe what it looks like once it is taken away. After a few seconds, they will begin to forget the details.

Health Sciences EOT3 Practice Questions

مؤسسة الإمارات للتعليم المدرسي
EMIRATES SCHOOLS ESTABLISHMENT

		2- **Short-term memory** - This allows a small amount of information to be remembered for a short period of time, usually from around 30 seconds to a few days. 3- **Long-term memory** - This is the ability to store information over a long period. Remembering something that happened between a few weeks ago to many years ago is long-term memory
	2	What is sensory memory? This is the shortest type of memory. It usually only lasts a few seconds. For example, if someone looks at a picture, they can usually describe what it looks like once it is taken away. After a few seconds, they will begin to forget the details
15	1	List three sections in a scientific report. 1- Hypotheses 2.Title 4- Authors 5- Introduction 6- Methods 7.Research design 8.Results 9.Discussion 10.Conclusion 11.Recommendations 12.References
	2	Which part of a scientific report includes a brief summary of the whole report. - Abstract
16	1	Which cognitive process refers to how we remember things? memory
	2	Describe the higher cognitive process of learning. how people gain knowledge
17	1	Why might an elderly person need physiotherapy? as people get older, they may develop conditions such as arthritis, osteoporosis or need a joint replacement. Balance decreases as age increases, therefore there is more risk of them falling.
	2	What is the purpose of physiotherapy? • Reduce pain • Avoid surgery • Improve mobility • Recover from a stroke • Recover or prevent sports injuries • Improve balance and prevent falls • Manage age related issues, • Manage women's health

Health Sciences EOT3 Practice Questions

18	1	List ways to protect your personal information online. - Do not give out your personal information over the phone or the Internet unless you know who you are talking to. - Do not share too much information on social networking websites. People can use this information to pretend to be you. - Try not to give your full name, your address and phone number on these websites - When shopping online, only use websites that you know and trust. Most websites will have a 'lock' symbol at the top of the webpage. This means that your information is safe. - Use strong passwords for your phone, laptop, bank, and other accounts. Make sure your password is difficult for other people to guess. - Use security software on your computer. This can protect your computer against malware such as computer viruses that can damage it
	2	Define personal eSafety. This includes keeping yourself safe from other people online who might bully or hurt you using the internet
Part 3 – 20 marks		
1	1	Which medical professional provides physiotherapy? Physiotherapist
	2	What does a physiotherapist do? helps to improve movement and function of the body when someone is affected by an injury, illness or disability. Physiotherapy can help people to move properly again. It can also encourage some activities and lifestyle changes. These changes will help to prevent further injury and improve overall health.
2	1	Which type of physiotherapy is given to someone who is experiencing a lot of pain? Passive therapy
	2	What are the types of physiotherapy? 1- **Passive therapy** is when something is done to the patient. The physiotherapist carries out the therapy techniques 2- **Active therapy** is when the patient is actively involved in treatment. The patient will do actual joint and muscle movement themselves

G11 General

3	1	List types of passive therapy treatments. • Massage

Health Sciences EOT3 Practice Questions

		• Manipulation • Acupuncture • Ultrasound • Hot packs • Ice packs • Laser • Electrical nerve simulation
	2	List types of active therapy treatments. • Stretching muscles or moving joints • Weightlifting • Balance exercises
4	1	List types of passive therapy treatments.
	2	List types of active therapy treatments.
5	1	What should a patient keep in mind if they want their physiotherapy treatment to be successful? For physiotherapy to be successful, the patient should do as they are instructed by the physiotherapist and take responsibility for their actions.
	2	If a patient does not do as they are instructed by their physiotherapist, what may happen? If the patient does not, it may be very difficult to see positive results
Bonus – 10 marks		
1		Bonus question
2		Bonus question