



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

END OF TRIMESTER EXAMINATIONS SEPTEMBER TO DECEMBER 2025

UNIT CODE: PHT 337

UNIT NAME: Prevention of Non-communicable and lifestyle disease (Main Exam)

DATE: 8th DECEMBER 2025

TIME: 9am-11am

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. This is an online exam, Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 7 including the cover.**
- 6. Read through the paper quickly before you start.**

Section A 30 Multiple choice questions. Answer all the questions (30 marks)

1. Which of the following is a key characteristic of non-communicable diseases?
 - a. They are caused by pathogens transmitted from person to person.
 - b. They are always curable with antibiotics.
 - c. They are chronic conditions with a prolonged cause.
 - d. They spontaneously resolve after a short period.
2. Which of the following is the best definition of a non-communicable disease?
 - a. A disease that is spread by the transfer of pathogens
 - b. A genetic disease
 - c. a and b only
 - d. A disease that cannot be transferred from person to person
3. Which of these is a major risk factor in developing skin cancer?
 - a. A reduction in air pollution
 - b. Ionising radiation
 - c. Microorganisms
 - d. A and b
4. is considered one of the "big five" non-communicable diseases?
 - a. Scurvy
 - b. Tuberculosis
 - c. Malaria
 - d. Diabetes
5. Which one is the odd one *out* amongst the metabolic risk factors of the World Health Organization (WHO).
 - a. Low blood pressure
 - b. Raised total cholesterol
 - c. Elevated glucose
 - d. Overweight and obesity
6. Mothers who smoke during pregnancy,
 - a. give birth to overweight babies
 - b. are at high risk of experiencing sudden unexpected death in infancy (SUDI) amongst their babies.

- c. normally have high incidence of giving birth to babies with disabilities
 - d. give birth to babies with low risk of contracting chest conditions
7. Which of these can lead to a non-communicable disease?
- a. A viral infection like Covid19 virus
 - b. Genetic factors, lifestyle choices, and poor environmental exposures
 - c. A bacterial infection like strep throat
 - d. A parasitic infection from a mosquito bite
8. Which of the following best explains how cancer cells can spread around the body?
- a. Their DNA remains undamaged when they are transformed, so they can travel
 - b. Cancer cells are specialized cells that can invade other tissues around the body
 - c. The cancer cell can be transferred through osmosis
 - d. They cancer cells can be carried in the blood
9. Which of the following statements is correct?
- a. Over nutrition leads to stunting
 - b. Under nutrition leads to obesity
 - c. Under nutrition leads to underweight
 - d. All of the above
10. Which of the following is an NCD?
- a. Pneumonia
 - b. High blood pressure
 - c. Influenza
 - d. Typhoid
11. Which one of the following explains how cigarettes cause lung cancer?
- a. Cigarette smoking transfers cancer cells to the lungs
 - b. Cigarette smoke contain chemical carcinogens
 - c. Cigarettes contain nicotine
 - d. Lungs are prone to cancer from smoke
12. Overweight and obesity increases the risk of contracting -----
- a. Communicable diseases
 - b. Non communicable diseases
 - c. Both a and b
 - d. All of these
13. Risk of CHD (coronary heart diseases) may increase with high intake of
- a. Coconut oil
 - b. Animal fats
 - c. Coconut
 - d. Red palm oil
14. Excessive alcohol use is NOT linked to which of the following cancers?
- a. Breast

- b. Liver
 - c. Lung
 - d. Colorectal
15. is a non-communicable disease.
- a. Cough
 - b. Cardiac arrest
 - c. Measles mumps
 - d. Mumps
16. Which of the following is the odd one out?
- a. Angina
 - b. Arrhythmias
 - c. Stroke
 - d. Liver cirrhosis
17. is indicative of the normal range of blood pressure in adults?
- a. 120/80 mmHg
 - b. 105/149 mmHg
 - c. 90/130 mmHg
 - d. 75/115 mmHg
18. Which of the following is a major cause of type 2 diabetes?
- a. Too vigorous exercise, causing a reduction in carbohydrate in the body
 - b. Too little sugar in the diet, lowering blood sugar
 - c. Obesity
 - d. Eating fatty foods and fruits
19. is not a cancer management intervention?
- a. Palliative care
 - b. Surgery
 - c. Chemotherapy
 - d. Internal fixation
 - e. Radiotherapy
20. is not among warning signs of stroke?
- a. Headache
 - b. Dizziness
 - c. Lack of balance
 - d. Short of breath
21. Which of the following diseases is an example of non-communicable diseases?
- a. Cancer

- b. Diabetes
- c. Hypertension
- d. All of the above

22. Alzheimer's and osteoporosis are examples of _____.

- a. Degenerative diseases
- b. joint diseases
- c. Non-communicable diseases.
- d. None of the above

23. is an effect of COPD (chronic obstructive pulmonary disease)?

- a. A decrease in the sensitivity of the body's cells to insulin
- b. A reduction in the risk of lung cancer
- c. Improved breathing rate
- d. A decrease in the Vital capacity (VC) of the lungs

24. is one of the most significant risk factors for cancer in general?

- a. Heroin use
- b. Tobacco use
- c. Alcohol abuse
- d. Opioid use

25. Which of the following is a major cause of type 2 diabetes?

- a. Too little sugar in the diet, lowering blood sugar
- b. Obesity
- c. Too vigorous exercise, causing a reduction in carbohydrate in the body
- d. c and a

26. A good way to prevent non-communicable diseases is

- a. Eating more vegetables, fruits and sugar,
- b. Eating more vegetables and fruits
- c. Eating more vegetables and animal protein
- d. Eating more fruits and animal protein

27. Which of the following is a non-communicable disease?

- a) Dengue
- b) Influenza

- c) Hypertension
- d) Chickenpox

28. Which one of these is amongst the modifiable risk factors?

- a. Physical activity exercise
- b. Tobacco use
- c. High cholesterol
- d. Excess weight
- e. Stress
- f. Alcohol/other drug use...

29. can prevent one from getting *deficiency disease*.

- a. Prolonged cooking
- b. Eating only fruits
- c. Eating only vegetables
- d. Eating food with good nutritional value
- e. b and c

30. Which of the following is the 2nd leading cause of cancer death amongst women globally?

- A. Stomach cancer
- B. Lung cancer
- C. Breast cancer
- D. Ovarian cancer

Section B -Short structured questions. Answer all the question – 20 marks

- a) Discuss five ways to improve mental health in a given community (5 Marks)
- b) Describe 5 effects resulting from drug and substance abuse amongst the youth in society (5 Marks)
- c) Explain five risk factors to hypertension as a non-communicable disease (5 Marks)
- d) Explain the possible root cause of sudden increase in blood pressure (5 Marks)

Section C –Long structured questions. Answer all the question – 20 marks

- a) Describe the socio-economic impact of NCDs in a given community of your choice. (10Marks)
- b) Explain 5 likely causes of obesity amongst primary school children. (10Marks)