



Scott Christian UNIVERSITY

SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

UNIT CODE/NAME: BCP 423: COMMUNITY AND HEALTH PSYCHOLOGY

September- December 2019/2020 End Semester Exam

- Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO Questions.

QUESTION ONE

- (a) Explain the following terms with specific examples.
- (i) Health psychology (3 marks)
 - (ii) Positive thinking (3 marks)
 - (iii) Water therapy (3 marks)
 - (iv) Human behaviour (3 marks)
 - (v) Physical Health (3 marks)
- (b) Mention five challenges of health psychology today. (5 marks)
- (c) Elaborate the following
- (i) Community psychology (3 marks)
 - (ii) Traditional Counseling (3 marks)
 - (iii) Modern Counseling (3 marks)
- (d) Define the meaning of medical check-ups. (1 mark)

QUESTION TWO

- (a) Show how this course unit has helped you as a student. (7 marks)
- (b) Discuss briefly the challenges of professional counseling. (7 marks)

QUESTION THREE

- (a) Analyse the importance of organization guidance programme. (8 marks)
- (b) Show the meaning of demystification of counseling within community. (7 marks)

QUESTION FOUR

- (a) Evaluate the role of counseling services within community. (8 marks)
- (b) Explain four causes of psychological illness among people in the community. (7 marks)

QUESTION FIVE

- (a) Mention and explain five issues that promote healthy lifestyles in the community. (10 marks)
- (b) Discuss briefly (i) Macro systems. (2½ marks)
- (ii) Client systems (2 ½ marks)