APPENDIX A

QUESTIONNAIRE REGARDING KNOWLEDGE OF HUMAN STRUCTURE

Name........................................ Name of the school working
At present :-

Designation - P.o. - Dist. -

Date :-

Note :-
1. Please tick (✓) any one which is more appropriate.

2. Response should be true.

3. Your response will be kept in strictly confidential and be utilised only in research purpose.

4. Please attempt all the questions.

Do you have knowledge regarding Human Structure which are cited below?

<table>
<thead>
<tr>
<th>Q.No.</th>
<th>No Knowledge</th>
<th>Some Knowledge</th>
<th>Adequate Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Human body as a whole?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>2. Skeletal System ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>3. Muscular System ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>4. Digestive System ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
APPENDIX A (Contd.)

5. Circulatory System? □  □  □  □

6. Respiratory System? □  □  □  □

7. Excretory System? □  □  □  □

8. Nervous System? □  □  □  □

9. Sense organs and its function? □  □  □  □

10. Skin and its Function? □  □  □  □

11. Endocrine System? □  □  □  □
APPENDIX B

QUESTIONNAIRE REGARDING HEALTH KNOWLEDGE AND PRACTICES

Name........................................ Name of the school working
At present :-

Designation - P.0. - Dist. -

Date :-

Note :-

1. Please tick (✓) any one which is more appropriate.

Do you have knowledge about undermention serials ?

<table>
<thead>
<tr>
<th>Q.No.</th>
<th>No Knowledge</th>
<th>Some Knowledge</th>
<th>Adequate Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Nutrition ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>2. Physical Fitness ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>3. Healthy life style ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>4. Alcohol and drug control ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>5. Body posture ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>6. Personal hygiene ?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>7. Maternity Child Health (MCH)?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td></td>
<td>Question</td>
<td>1</td>
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<td>--------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>8</td>
<td>Stress Management (Mental)?</td>
<td></td>
<td></td>
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<tr>
<td>9</td>
<td>Safety at classroom?</td>
<td></td>
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<tr>
<td>10</td>
<td>Blood pressure management?</td>
<td></td>
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<tr>
<td>11</td>
<td>Safety at home?</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>Emotional and behaviour problems and their management?</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Mental health?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Eye/Ear problems?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Conditioning exercises?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Safety at play field?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Calisthenics exercises?</td>
<td></td>
<td></td>
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<tr>
<td>18</td>
<td>Aerobic exercises?</td>
<td></td>
<td></td>
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<tr>
<td>19</td>
<td>Need for physical exercises?</td>
<td></td>
<td></td>
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<tr>
<td>20</td>
<td>Recreation activities?</td>
<td></td>
<td></td>
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<tr>
<td>21</td>
<td>Back bone problems?</td>
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<td></td>
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</tbody>
</table>
APPENDIX B (Contd.)

22. Smoking/Drug/Alcohol
   Cessation for players?

23. Flexibility and stretching
    exercises?

24. Disadvantage of over/under
    weight?

25. Walking/Jogging exercises?

26. Health awareness programmes?

27. Medical check up?

28. Blood cholesterol?

29. First Aid?

30. Dental problem?

31. Drugs and medical devices
    in common use?