



**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

## Continuous Internal Assessment Test I, February 2025 Semester II

**Class :** I PG

**Time :** 2 hours

**Major :** Master of Social Work / Bioinformatics/ Biotechnology /  
Food Science and Nutrition/ Food Service Management and Dietetics /  
Information Technology / Mathematics

**Max.marks :** 60

### 23MHDI01 Adolescent Development and Behaviour

#### Course Outcome

- Recognize the concept, significance and stages of adolescence
- Understand developmental pattern of adolescents and its implications on their behaviour
- Associate the theoretical concepts involved in adolescent development and behaviour
- Evaluate the needs, challenges and issues faced by adolescents
- Apply the knowledge of adolescent behaviour and development in managing the problems involving adolescents

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

1. Adolescence is the period. CO1K1  
a) growing    b) foundation    c) transition    d) tough
2. \_\_\_\_\_ is the sex hormone in boys. CO1K2  
a) Estrogen    b) Testosterone    c) Progesterone    d) Adrenaline
3. The condition characterized by self-induced vomiting or purging is known as \_\_\_\_\_. CO1K2  
a) Bulimia    b) Anorexia    c) Binge eating    d) nausea
4. \_\_\_\_\_ refers to the rapid increase in height and weight that occurs before sexual maturity. CO1K2  
a) sudden growth    b) growth change    c) growth spurt    d) growth and development
5. The first ejaculation in boys is scientifically known as \_\_\_\_\_. CO1K2  
a) Spermarche    b) Menarche    c) growth spurt    d) maturity
6. Adolescent girls need an adequate intake of \_\_\_\_\_ to prevent anaemia. CO1K2  
a) calcium    b) iron    c) magnesium    d) sodium

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Define Adolescence and explain the concept and stages. (Or) CO1K1  
7.b. Elaborate on the characteristics of adolescence. CO1K2  
8.a. Discuss the hormonal changes and body growth that occur during adolescence. (Or) CO2K2  
8.b. What is menstruation? Explain the menstrual cycle? CO3K1  
9.a. Identify and analyse the key factors that influence the onset of puberty. (Or) CO4K4  
9.b. Elaborate on the needs of adolescents. CO1 K2

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Provide a comprehensive description of developmental tasks and developmental milestones of adolescence. (Or) CO1K2  
10.b. Explain the primary and secondary sexual characteristics of adolescents. CO4K2  
11.a. Discuss the nutritional requirements during adolescence. CO2K1  
11.b. Discuss the concept and significance of menstrual hygiene. CO2K1  
12.a. Elaborate on the cognitive changes that occur during adolescence. (Or) CO3K4  
12.b. How can adolescents use their understanding of physical changes to improve their health and well-being? CO4K3

