



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2025_2 EXAMINATIONS

Course Code: HED313

Course Title: Health and Illness Behaviour

Time: 2 hours

Instruction: Answer question one (1) and any other two.

1 (a) "An individual's health status is in a constant state of flux." In light of this statement, discuss how an individual's health status undergoes dynamic changes over time. (15 marks)

(b) Define the concept of *equity in health* and explain its significance in healthcare. (15 marks)

2. (a) Using clear examples, explain the differences between *physical health* and *emotional health* and how they can affect an individual. (10 marks)

(b) Discuss how government policies can influence the health of individuals and communities. (10 marks)

3. Explain how you would develop the following attitudes and behaviors during a period of illness or sickness:

(i) *Goal setting*

(ii) *Self-esteem* (10 marks)

4. (a) Define *sick role behavior* and discuss its relevance in healthcare. (10 marks)

(b) Describe the key characteristics of *Social Cognitive Theory (SCT)* and its application in health behavior. (10 marks)

5 (a) *Population strategy* and *high-risk strategy* are two approaches to primary prevention of chronic diseases. Discuss these strategies and their effectiveness. (10 marks)

(b) Identify and explain five (5) major types of alternative and complementary care commonly used in Africa for the treatment and management of health conditions. (10 marks)