



National Open University of Nigeria
Faculty of Education
Human Kinetics and Health Education Department
2025_1 EXAMINATION...

Course Code: HED413 Course Status: 2C Time: 2 hours
Course Title: Public Health and Issues in Health Education
Instruction: Answer Question ONE and any other Two Questions

1. a) Define labour-saving devices and provide five examples of such devices. (8marks)
b) As a health practitioner, outline strategies for the prevention of obesity. (10marks)
c) Distinguish between the developmental stages of infancy, childhood, and adolescence. (12 marks)
2. a) Identify ten factors to consider when selecting labour-saving devices. (10 marks)
b) Describe risk factors commonly associated with obesity, including contributing elements. (6 marks)
c) List and explain five roles of the state government in preventing non-communicable diseases. (4 marks)
3. a) List and explain five types of obesity. (10 marks)
b) Describe what occurs during the fetal stage of prenatal development. (5 marks)
c) Identify five roles of the private sector in preventing non-communicable diseases. (5 marks)
4. a) List and explain the signs of stress as taught in class. (8 marks)
b) (i) Briefly explain the following types of stress:
Eustress (3 marks)
Distress (3 marks)
Post-traumatic stress disorder (PTSD) (2 marks)
(ii) Define population growth and population size. (2 marks)

c) Explain coping strategies and outline the two main types. (2 marks)

5 a) Define family planning and state its benefits. (10marks)

b) Define family life education and list key messages emphasized in family life education in Nigeria. (5 marks)

c) Enumerate characteristics of the 16-18 age group (adolescents) and describe ways to address their needs. (5 marks)