



National Open University of Nigeria  
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way  
Jabi, Abuja

Faculty of Education<sup>5678</sup>  
2021\_2 Examinations

**Programme:** B.Ed Early Childhood Education

**Course Code:** ECE421

**Credit Unit:** 2

**Course Title:** Health and Family Life Education

**Time Allowed:** 2 Hours

**Instruction:** Answer Question 1 and any other two questions.

1a. Explain in details the five Dimensions of Health

b. Discuss five Functions of the Family

c. Mention three (3) cultural practices that debase women in the society. How can women be empowered to overcome these practices? (30 marks)

2a. Explain the term “Exercise”

b What are the Health Benefits of Exercise both for children and for the elderly? (20 marks)

3. Write Exhaustively on the responsibilities of parents and that of the children in the family (20 marks)

4. Discuss Extensively the Social Learning Theory or Social Cognitive Theory of Health Promotion (20 marks)