



**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION,
FACULTY OF EDUCATION,
NATIONAL OPEN UNIVERSITY OF NIGERIA
POP EXAMINATION 2022_2**

**HED313: HEALTH AND ILLNESS BEHAVIOUR
FIRST SEMESTER EXAMINATION, 2022**

INSTRUCTION: Answer question **number ONE** and any **other TWO** questions.

CREDIT UNITS: 2

TIME: 2hrs

- 1) a. Explain in details any three (3) modern theories that support development of diseases and the way an individual will behave when he/she fall sick. **(15 marks)**.
b. Values clarification as a psychological treatment that can often help a person to become aware of all the values that can influence lifestyle decisions and actions is affected by many factors. Expatiate any five (5) factors you know. **(15 marks)**.
- 2) a. With clear examples, explain what you understand by illness behavior. **(10 marks)**.
b. Explain the major factors that can affect the health of an individual. **(10 marks)**.
- 3) a. Describe the stages of behavior undertaken by sick individual to seek for well-being. **(10 marks)**.
b. What is the difference between secondary and tertiary disease prevention? **(10 marks)**.
- 4) a. Explain any five (5) risky behaviors that could lead to sickness, disability and death among youth and adolescents in Nigeria. **(10 marks)**.
b. Explain the advantages of traditional care delivery system over other methods. **(10 marks)**.