



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2023_1 POP EXAMINATION**

COURSE TITLE: Health Education and Promotion

COURSE CODE: PHS524

COURSE UNITS: 3 Units

TIME ALLOWED: 2 Hours

TOTAL MARKS: 70%

INSTRUCTION: Answer all the Questions

Question 1

20Marks

- 1a. Describe traditional media as used in health communication **(5 marks)**
- 1b. Maslow identified five (5) types of motivational needs found to be common to all human beings irrespective of cultural background. Discuss these needs in ascending order. **(10 marks)**
- 1c. Describe the community as a structure of health education and promotion **(5 marks)**

Question 2

20 Marks

- 2a. What do you understand by learning? **(4 Marks)**
- b. Identify and describe the key elements in information, communication and education **(8 Marks)**
- c. Examine the benefits of ICE to health programmes **(8 Marks)**

Question 3

15 Marks

- 3a. Outline the ways in which audio video materials are used in health education **(5 Marks)**
- b. Discuss the two factors that are involved in the process of communication **(10 marks)**

Question 4

15 Marks

- 4a. Give account of the relationship between sports and health **(10 marks)**
- b. Explain how you can develop your personal skills through youth sports club **(5 marks)**