

**NATIONAL OPEN UNIVERSITY OF NIGERIA**

University Village, Plot 91 Cadastral Zone, Nnamdi Azikwe Expressway, Jabi-Abuja

Faculty of Education  
Human Kinetics and Health Education Department

**2023\_2 EXAMINATIONS**

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Course Code: HED 319                      Course Status: 3C                      Time: 2 hours

Course Title: **Personal Health**

Instruction: Answer Question ONE and any other Three Questions

- 1
  - (a) Mention the components of Personal hygiene
  - (b) In a tabular form enumerate five (5) benefits of recreation to the individual and community.
  - (c) Enumerate five (5) possible effects of bad posture due to slouching or slumping.
  - (d) Explain the physical activity recommended for any three (3) of the following groups:
    - (i) Pregnant / Postpartum women
    - (ii) Adults aged 18 – 64 years
    - (iii) Adults aged 65 years and above
    - (iv) Children and Adolescent aged 5 – 17 years.
  - (e) Identify and discuss the dangerous chemicals in Tobacco smoking.
- 2 Enumerate ten (10) ways to lower your risk of injury.
- 3 In a tabular form distinguished between the concepts:
  - (i) Drug abuse
  - (ii) Drug addiction
- 4 Discuss the long term effects of drug abuse among university students.
- 5
  - (a) Explain the concept of protein-energy malnutrition (PEM)
  - (b) Discuss the treatment of PEM and its components

4. (a) Discuss the two variable scopes in JavaScript (4 marks)
- (b) Write syntax to show how you can include JavaScript in your web page (3 marks)
- (c) State four examples of assignment operators (4 marks)
- (d) Discuss the two most important attributes of a *form* in html (4 marks)
5. (a) What is conditional operators? (3 marks)
- (b) List six comparison operators and state their meanings (3 marks)
- (c) Differentiate between static website and dynamic website (4 marks)
- (d) Write a html tags that will generate your state, country and occupation on the screen using three different tags in the body (5 marks)