



NATIONAL OPEN UNIVERSITY OF NIGERIA

91 Cadastral zone, Nnamdi Azikiwe Expressway, Jabi, Abuja

FACULTY OF EDUCATION

2024 1 EXAMINATION-

COURSE CODE ECE 421
COURSE TITLE HEALTH AND FAMILY LIFE EDUCATION
CREDIT UNIT 2
TIME ALLOWED; 2 HOURS
INSTRUCTION: **Answer Question 1 and any other 2**

Note: Question 1 carries 30marks while others carry 20marks

QUESTIONS.

- 1a. Explain any five signs of illness in children. 10 marks.
- b. Discuss any four ways to avoid Sexually Transmitted Infections (STIs) and HIV. 10 marks.
- c. Give five reasons why you think people have sexual intercourse. 10 marks.
- 2a. If rape happens to someone you know, mention any five things you will advise her to do. 10 marks.
- b. Mention the basic important healthy behaviours and habits. 10 marks.
- 3a. How do you think you can make the home safe? 8 marks.
- b. Clearly explain the following models associated with healthy lifestyle adoption.
 - i. Trans-theoretical model.
 - ii. Self-determination theory.12 marks.
- 4a. Clearly differentiate between an extended and a polygamous family. 12 marks.
- b. Discuss any four instances of common cause of conflicts between parents and their children. 8 marks.