



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
Plot 91, Cadastral Zone, University Village,  
Nnamdi Azikiwe Expressway, Jabi, Abuja  
**FACULTY OF EDUCATION**  
**DEPARTMENT OF HUMAN KINETICS & HEALTH EDUCATION**  
**2024 1 EXAMINATION**

COURSE CODE: HED 319

COURSE TITLE: Personal Health

COURSE UNITS: 3C

TIME: 2HOURS

Instruction: Answer Question ONE and any other Three Questions

- 1 (a) As a Personal Health professional, briefly discuss the notion of prostitution.  
(b) Define the following acronyms: (i) MDD (ii) SAD (iii) COPD (iv) ADHD (v) REM.  
(c) Highlight the duties of a club recreation leader.  
(d) Enumerate five (5) elements effective health communication seek to achieve.  
(e) Discuss briefly the following:
  - (i) Dimensions of Wellness
  - (ii) Factors that influence wellbeing
- 2 Suicide is a global phenomenon, discuss the causes for suicide.
- 3 Discuss in detail the dimensions of Wellness in at least five (5) perspectives.
- 4 Discuss five (5) conditions that can be linked to oral health problem.
- 5 Discuss the effects of smoking of Tobacco on the following body systems
  - I. Circulatory System
  - II. Immune System
  - III. Musculoskeletal System
  - IV. Respiratory System
  - V. Sexual Organs