



National Open University of Nigeria
Faculty of Education
Human Kinetics and Health Education Department
2024 1 EXAMINATION

Course Code: HED413

Course Title: Public Health and Issues in Health Education

Course Status: 2C

Time: 2 hours

Instruction: Answer Question ONE (1) and any other Two (2) Questions

1.
 - a. Describe the characteristics of the age group 5-9 and explain the ways to address their needs.
 - b. Define the term Development
 - c. Explain family planning and state the benefits of family planning.

2.
 - a. What are the roles of local government in Implementing this Strategic Plan of Action National Strategic Plan of Action on NCDs?
 - b. Enumerate the stages of Adolescence development.
 - c. Haruna's BMI is 18.5, which means that he is underweight. State FIVE possible causes of his underweight?

3.
 - a. Explain the meaning of prenatal development
 - b. Discuss the stages of prenatal development
 - c. Explain the components of emotional intelligence

4.
 - a. What are the ways one can boost his/her emotional health
 - b. Define Emotional Intelligence
 - c. Differentiate between Gastric bypass surgery and Laparoscopic adjustable gastric banding (LAGB)

5.
 - a. Define stress and explain the two (2) main types of stress you know.
 - b. Explain stressors and state FIVE stressors you know
 - c. Discuss the BMI ranges of one who is underweight, Normal/healthy weight, overweight and obese