



**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\_2 EXAMINATION**

Course Code: HED313

Course Title: Health and Illness Behaviour

Time: 2hours

Instruction: Answer question one (1) and any other two.

1. (a) Describe the graphical illustration of health illness continuum of a wellbeing proposed by John.W. Travis in 1972 **(15 Marks)**  
(b) What do you understand by multifactorial causation theory? **(15 Marks)**
2. (a) With clear examples, explain the disparities between intellectual and spiritual health **(10 Marks)**  
(b) Explain how economic stability of the country can affect the health of its citizens. **(10 Marks)**
3. Discuss how you could develop the following attitudes and behaviour during the period of illness or sickness  
(i) Assertiveness (ii) Self-efficacy **(20 Marks)**
4. (a) Five constructs were developed as part of the SLT. Explain them clearly **(10 Marks)**  
(b) State and explain any five risk behaviours that are common to youth and adolescents **(10 Marks)**
5. (a) Write an explanatory note on faith-based healing **(10 Marks)**  
(b) Describe any five steps of value clarification exercise **(10 Marks)**