



**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: HED 319

COURSE TITLE: Personal Health

COURSE UNITS: 3C

TIME: 2HOURS

Answer Question 1 and any other (3) Three Questions

- 1
  - (a) Explain with at least five (5) examples the side effects of poor Personal hygiene.
  - (b) Enumerate the functions of the skin
  - (c) List and discuss two (2) types of posture
  - (d) Define the concepts of Balance diet.
  - (e) Discuss the relationship between emotional well-being and Health.
  
- 2 Discuss the effects of smoking Tobacco on the following:
  - (i) Sexual Organs
  - (ii) Respiratory system
  - (iii) Circulatory system.
  
- 3 Prevention activities can be classified by stage during which prevention take place (primary, secondary and tertiary prevention) as well as by its relationship to population (universal, selective, or indicated) intervention. Explain.
  
- 4 Discuss the short term effects of drug abuse among university students.
  
- 5 Discuss the following types of violence
  - (i) Gender based
  - (ii) Intimate Partner
  - (iii) Domestic
  - (iv) Family