



**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**  
**2025\_2 EXAMINATIONS.**

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**COURSE CODE: HED 319**  
**COURSE TITLE: Personal Health**  
**COURSE UNITS: 3C**  
**TIME: 2HOURS**

**Instruction: Answer Question ONE and any other Three Questions**

- 1a. Discuss the key elements and activities involved in planning a personal health or hygiene promotion program. (10 marks)
- 1b. List five (5) health conditions that are commonly linked to oral health problems. (5 marks)
- 1c. Identify and explain the duties of a club recreation leader. (5 marks)
- 1d. Define *rest* and *relaxation*, and differentiate between the two concepts. (5 marks)
- 1e. Discuss the health risks associated with sedentary behavior in the following categories:
- (i) Children and Adolescents
  - (ii) Adults (5 marks)
- 2a. Explain the following respiratory conditions:
- (i) *Chronic Bronchitis*
  - (ii) *Emphysema* (10 marks)
- 2b. State and explain the specific health benefits of *rest* and *relaxation*. (10 marks)
3. Discuss the following types of violence:
- (i) *Self-directed violence*
  - (ii) *Interpersonal violence*
  - (iii) *Collective violence*
  - (iv) *Sexual violence* (20 marks)

4. Discuss the causes of drug abuse under the following categories:

(i) *Genetic causes*

(ii) *Co-occurring conditions*

(iii) *Environmental causes*

(20 marks)

5a. Discuss the diseases caused by long-term tobacco smoking.

(10 marks)

5b. Explain how prevention activities are classified based on the stage during which prevention takes place.

(5 marks)

5c. Discuss the three (3) major groups of drugs that are commonly abused. (5 marks)