



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_1 EXAMINATION

COURSE CODE: HED 319

COURSE TITLE: Personal Health

COURSE UNITS: 3C

TIME: 2HOURS

Instruction: Answer Question ONE and any other Three Questions

- 1a. Identify the key purposes of conducting health screenings for university students. (6 marks)
- 1b. Outline the methods for controlling and preventing oral diseases. (6 marks)
- 1c. Mention ten (10) activities typically offered at a recreational center. (6 marks)
- 1d. State the specific health benefits of *rest* and *relaxation*. (6 marks)
- 1e. Enumerate the health benefits of sexual activity for an individual. (6 marks)

- 2a. Discuss how good posture helps distribute the force of gravity throughout the body, and its importance to overall health. (10 marks)
- 2b. Briefly explain five (5) examples of faulty posture or postural defects. (10 marks)

3. Beyond procreation, discuss the physical and psychological benefits of sexual activity for both men and women. (20 marks)

- 4a. Define the term *injury* and explain its common causes. (10 marks)
- 4b. Discuss the potential complications that can arise from injuries. (10 marks)

5. Explain the common warning signs and symptoms associated with suicide, and the importance of recognizing them in society. (20 marks)