



National Open University of Nigeria
Faculty of Education
Human Kinetics and Health Education Department
2025_2 EXAMINATIONS

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

- 1a. Discuss ten (10) roles of the Federal Government in the prevention of non-communicable diseases (NCDs). (10 Marks)
- 1b. Mr. Mohammed is 1.70 meters tall and weighs 68 kg, while Mr. Abiodun is also 1.70 meters tall but weighs 93 kg. Calculate their Body Mass Index (BMI) and interpret what each BMI result indicates about the risk of developing Type 2 diabetes. (10 Marks)
- 1c.
- i. Discuss five (5) common non-communicable diseases and their impact on public health. (5 Marks)
- ii. Describe five (5) key features of emerging adulthood. (5 Marks)
- 2a. Explain five (5) primary causes of obesity and their contributing factors. (10 Marks)
- 2b. Suggest ways to address financial challenges that could reduce stress levels in individuals. (5 Marks)
- 2c. Outline the roles of state governments in the prevention of non-communicable diseases (NCDs). (5 Marks)
- 3a. Explain effective strategies for preventing obesity at an individual and community level. (5 Marks)
- 3b. Discuss how obesity negatively affects the digestive, cardiovascular, and endocrine systems of the body. (10 Marks)
- 3c. What are the physical developments that occur during adolescence, and how do these changes differ between males and females? (5 Marks)
- 4a. How does obesity impact the following systems of the body:
- i. Nervous system
- ii. Respiratory system
- iii. Reproductive system (10 Marks)
- 4b. Define stress and explain the two (2) main types of stress you are familiar with. (5 Marks)
- 4c. Enumerate the importance of emotional intelligence in managing stress and building resilience. (5 Marks)