



NATIONAL OPEN UNIVERSITY OF NIGERIA

University Village, Plot 91 Cadastral Zone, Nnamdi Azikwe Expressway, Jabi-Abuja

Faculty of Education

Human Kinetics and Health Education Department

2023_2 EXAMINATIONS.....

Course Code: HED 319

Course Status: 3C

Time: 2 hours

Course Title: **Personal Health**

Instruction: Answer Question ONE and any other Three Questions

- 1
 - (a) Mention the components of Personal hygiene
 - (b) In a tabular form enumerate five (5) benefits of recreation to the individual and community.
 - (c) Enumerate five (5) possible effects of bad posture due to slouching or slumping.
 - (d) Explain the physical activity recommended for any three (3) of the following groups:
 - (i) Pregnant / Postpartum women
 - (ii) Adults aged 18 – 64 years
 - (iii) Adults aged 65 years and above
 - (iv) Children and Adolescent aged 5 – 17 years.
 - (e) Identify and discuss the dangerous chemicals in Tobacco smoking.
- 2 Enumerate ten (10) ways to lower your risk of injury.
- 3 In a tabular form distinguished between the concepts:
 - (i) Drug abuse
 - (ii) Drug addiction
- 4 Discuss the long term effects of drug abuse among university students.
- 5
 - (a) Explain the concept of protein-energy malnutrition (PEM)
 - (b) Discuss the treatment of PEM and its components