



**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION,
FACULTY OF EDUCATION,
NATIONAL OPEN UNIVERSITY OF NIGERIA, ABUJA
2023_2 EXAMINATIONS**

HED413: PUBLIC HEALTH AND ISSUES IN HEALTH EDUCATION
UNITS: 2c
TIME: 2 HRS

INSTRUCTION: Answer question **ONE** & any other **two (2)** questions.

- 1a. Identify the types of obesity that we have
 - b. Examine any five (5) causes of obesity
 - c. Explain any five (5) risk factors associated with obesity?
 - d. How can Obesity be prevented?
 - e. Briefly explain the types of population growth
-
- 2a. Outline the causes of being underweight
 - b. Identify the risk factors associated with underweight
 - c. Enumerate any five ways in which underweight can be prevented.
-
- 3a. Enumerate any three ways of preventing and controlling Non-Communicable Diseases.
 - b. What are the roles of state government in Implementing National Strategic Plan of Action on NCDs?
 - c. Describe the components of Emotional Intelligence as propounded by Daniel Goleman
-
- 4a. List the six basic types of emotions.
 - b. What are the strategies of Boosting Emotional Health
 - c. Explain vividly the types of stress that we have
-
- 5a. describe the three stages of prenatal development
 - b. describe the changes that occurs at the adolescent stage of life
 - c. What are the core Messages in Family Life Education in Nigeria.