



**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**  
**2024 1 EXAMINATION**

**Course Code: HED313**

**Course Title: Health and Illness Behaviour**

**Time: 2 hours**

**Instruction: Answer question one (1) and any other two.**

1. (a) WHO defined health as a state of complete physical mental and social wellbeing and not merely an absence of disease or infirmity. Make a critic on this statement to oppose this statement. **(10 Marks)**  
(b) Adolescents and young adults are the group of people that are more exposed to risky sexual behaviours. Discuss **(10 Marks)**  
(c) Complementary or alternative medicines are classified into five major categories of practice. Explain them **(10 Marks)**
2. (a) Briefly explain five steps to undertake by government, non-governmental organisations and individual to promote health equity. **(10 Marks)**  
(b) Discuss five (5) external factors influencing health belief and practice. **(10 Marks)**
3. (a) Describe how self-esteem, denial skills and assertiveness can play role in developing health attitudes and behaviours **(10 Marks)**  
(b) With clear examples, explain Dever's epidemiological model of disease causation **(10 Marks)**
4. (a) Describe any four (4) stages of illness behaviour **(10 Marks)**  
(b) Briefly explain five (5) limitations of Social Cognitive Theory **(10 Marks)**
5. (a) Health maintenance focuses on health promotion and disease prevention rather than treating symptoms and illness. Discuss **(10 Marks)**  
(b) What is the difference between secondary and tertiary prevention? **(10 Marks)**