



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

HED313: Health and Illness Behaviour

TIME: 2HRS

UNITS: 2c

INSTRUCTION: Answer questions number ONE (1) & any other two (2) questions.

1. (a) Discuss how heredity and environmental factors can serve as determinant health of an individual or community
(b) Briefly explain the following attitudes and behaviours in relation to health:
 - i. Goal setting
 - ii. Denial skills
 - iii. Negotiations
 - iv. Assertiveness(c) What do you understand by illness behavior?
2. (a) Health Belief Model (HBM) is made up of six components. Briefly explain the first four (4) components of the model.
(b) Explain any two levels of disease prevention
3. (a) With clear examples, discuss any two (2) modern theories of diseases
(b) Violence, alcoholism, promiscuity and drug abuse are the commonest social risk behaviours in our society. Briefly explain how each of these behaviour can affect health.
4. (a) Describe five steps in conducting critical thinking with the aim of developing and promoting your health status.
(b) Explain the three (3) main typical projects for health promotion, disease prevention and wellness programs
5. (a) What is the difference between faith-based healing and traditional medicine?
(b) Describe five (5) steps of value clarification in relation to health seeking behaviour