



NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
SCHOOL OF EDUCATION
OCTOBER 2013 EXAMINATION

COURSE CODE: ECE 421
COURSE TITLE: HEALTH AND FAMILY EDUCATION
TIME ALLOWED: 2 HOURS.

INSTRUCTIONS: Answer question one and any other two questions.

- 1 (a) What is the definition of health from the point of view of World Health Organisation (1948).
5marks
- (b) Explain three (3) consequences of WHO's definition of health.
10 marks.
- (c) What are the seven (7) cardinal points of health? 5marks
- (d) Mention five (5) things to avoid during dieting? 10 marks

- 2 (a) Explain five (5) functions of the family. 4 marks
- (b) Give a brief explanation of these forms of marriage (1) Exogamy, (2) Endogamy, and (3) Agamy. 6 marks
- (c) What are the five (5) factors to be taken into account when one is considering parenthood?
5 marks
- (d) List and explain five (5) signs of pregnancy. 5 marks

- 3 (a) List five (5) things to be done after the terrible experience of rape and explain each one. 10 marks
- (b) Define drug abuse. 4 marks
- (c) List three (3) effects of the following drugs:
 - i. Cannabis
 - ii. Tranquilizers
 - iii. Hallucinogens6 marks

4 (a) Explain five 5 effects of ill-health on children.
10 marks

(b) Give a brief explanation the following terms:

- i. Autism
- ii. Down's Syndrome
- iii. Mental Handicap

10 marks