



**NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
SCHOOL OF EDUCATION
SEPTEMBER/OCTOBER 2015 EXAMINATION**

Course Code: ECE421

Course Title: Health and Family Life Education

Time Allowed: 2 Hours

Instruction: Answer question one (1) and any other two (2) questions.

1. Discuss the concept of health from the following points of view.

- a. Physical Health
- b. Mental Health
- c. Social Health

(30marks)

2. Discuss the following factors as they influence health.

- a. Heredity
- b. Environment

(20 marks)

3. Give brief explanations on the following types of families.

- a. Nuclear Family
- b. Stem Family
- c. Complex Family
- d. Joint (lineal or grand) family

(20 marks)

4. Explain the following concepts briefly.

- a. Marriage
- b. Courtship
- c. Dating
- d. Reasons for Dating

(20 marks)