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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **THIRD TERM MIDTERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: Physical and Health Education** | **CLASS: YEAR TWO** |

1. What is the period that a person is not doing anything called? (a) Work (b) Rest (c) Play

2. The body needs rest after working for a long period of time to \_ the muscles (a) strain (b) relax (c) strengthen

3. Too much work for a long period of time can \_ the body (a) benefit (b) energize (c) harm

4. Rest helps children and adolescents to \_ (a) play (b) grow (c) eat

5. Rest refreshes the \_ and the body organs (a) muscles (b) mind (c) bones

6. Rest helps us to concentrate better at \_ or work (a) home (b) school (c) gym

7. Which organs function well with rest? (a) Brain and heart (b) Lungs and liver (c) Kidneys and stomach

8. Sleeping is when a person lies down with eyes closed and the mind and body are \_ (a) active (b) restless (c) inactive

9. A good condition for sleeping includes a \_ room (a) noisy (b) comfortable (c) hot

10. The sleeping room should be well \_ (a) lit (b) ventilated (c) decorated

11. Beddings for sleeping should be clean and \_ (a) rough (b) hard (c) comfortable

12. To ensure good sleeping conditions, one should avoid \_ of people on the same bed (a) separation (b) overcrowding (c) isolation

13. Overcrowding of people in the same room should be \_ for best sleeping conditions (a) encouraged (b) avoided (c) ignored

14. First aid is the \_ assistance given to an injured or sick person (a) last (b) primary (c) first

15. First aid is given \_ the arrival of a medical doctor (a) after (b) during (c) before

16. The purpose of first aid is to ease the victim's \_ (a) joy (b) pains (c) hunger

17. First aid helps to prevent the victim's condition from getting \_ (a) better (b) worse (c) stable

18. Bleeding occurs when blood flows out of the \_ (a) veins (b) blood vessels (c) arteries

19. Bleeding can be internal or \_ (a) external (b) severe (c) minor

20. Fainting is a temporary loss of \_ (a) balance (b) memory (c) consciousness

Section B

1. Define rest.\_\_\_\_\_\_\_\_\_

2. List two importances of resting.\_\_\_\_\_\_\_\_\_

3. What is sleeping?\_\_\_\_\_\_\_\_\_

4. State two best conditions for sleeping.\_\_\_\_\_\_\_\_\_

5. What is first aid?\_\_\_\_\_\_\_\_\_

Section C

1. Discuss the importance of resting for overall well-being.

2. Explain the ideal conditions for sleeping and why they are important.

3. Elaborate on the purpose of first aid.

4. Describe the types of bleeding mentioned in the text and the initial steps to manage severe bleeding.

5. Based on the provided text, define fainting and explain its potential cause and symptoms (if any are mentioned).