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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 THREE** |

1. Rest is the period that a person is not doing \_ (a) anything (b) working (c) playing

2. When the body works for a long period of time it needs \_ (a) food (b) rest (c) exercise

3. Rest helps to relax the \_ (a) bones (b) joints (c) muscles

4. Too much work for a long period of time \_ the body (a) helps (b) harms (c) builds

5. Rest helps both children and adolescent to \_ (a) play (b) grow (c) study

6. Rest refreshes the mind and the body \_ (a) cells (b) organs (c) systems

7. Rest help us to concentrate better at school or \_ (a) home (b) work (c) leisure

8. Rest helps the brain and the heart to function \_ (a) slowly (b) well (c) poorly

9. Sleeping is when a person lies down with his eyes \_ (a) open (b) closed (c) half-closed

10. During sleeping, the mind and body are \_ (a) active (b) inactive (c) partially active

11. People should sleep in a \_ room (a) noisy (b) comfortable (c) dark

12. A well \_ room is ideal for sleeping (a) furnished (b) lit (c) ventilated

13. The beddings should be clean and \_ (a) colorful (b) expensive (c) comfortable

14. Avoid \_ of people on the same bed (a) separation (b) overcrowding (c) isolation

15. Avoid overcrowding of people in the same \_ (a) house (b) room (c) building

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

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

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

19. First aid prevents the victim's condition from getting \_ (a) better (b) worse (c) stable

20. Severe \_ is a condition that requires first aid (a) hunger (b) bleeding (c) thirst

21. Bleeding occurs when blood flows out of the blood \_ (a) cells (b) vessels (c) organs

22. Bleeding can be internal or \_ (a) minor (b) major (c) external

23. The first step in stopping bleeding is to calm the \_ (a) doctor (b) patient (c) bystander

24. When stopping bleeding, let the patient lie down flat on the \_ or bed (a) table (b) chair (c) floor

25. Make the patient not be to have \_ (a) hope (b) fear (c) courage

26. Loose the clothes around the victim's neck and waist to allow easy \_ (a) eating (b) breathing (c) movement

27. Raise the bleeding part of the body to reduce the flow of blood to the affected \_ (a) limb (b) area (c) organ

28. Raise the foot of the bed to allow more blood to flow to the \_ (a) legs (b) brain (c) heart

29. Raising the foot of the bed helps to prevent \_ (a) pain (b) fainting (c) bleeding

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

Section B

1. List two importances of resting.

2. What is the definition of sleeping?

3. Name three best conditions for sleeping.

4. What is first aid?

5. What is the purpose of first aid?

Section C

1. Discuss the significance of rest for both physical and mental well-being, as outlined in the provided text.

2. Explain the ideal conditions for sleeping and why each condition is important for a good night's rest.

3. Define first aid and elaborate on its primary objectives in emergency situations.

4. Describe the steps one should take to stop severe bleeding, according to the text.

5. Based on the text, what is fainting, and what is a potential cause mentioned?