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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 a period when a person is not doing \_(a) anything (b) work (c) exercise

2. The body needs rest to relax its (a) bones (b) muscles (c) organs

3. Too much work for a long time can \_ the body?(a) help (b) harm (c) strengthen

4. Rest helps children and adolescents to (a) play (b) grow (c) learn

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

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

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

8. Sleeping means a person lies down with eyes \_(a) open (b) closed (c) half-open

9. In sleep, mind and body are (a) cold (b) busy (c) inactive

10. A good sleeping room should be \_(a) noisy (b) comfortable (c) dark

11. A good sleeping room should be well \_(a) lit (b) furnished (c) ventilated

12. Beddings for sleeping should be clean and \_(a) soft (b) comfortable (c) warm

13. People should avoid \_ on the same bed.(a) reading (b) overcrowding (c) talking

14. People should avoid overcrowding in the same \_ when sleeping.(a) house (b) room (c) bed

15. First aid is the \_ assistance given to an injured person.(a) second (b) first (c) last

16. First aid is given before the arrival of a medical \_(a) nurse (b) doctor (c) friend

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

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

19. Severe bleeding is a condition that requires \_ aid.(a) last (b) first (c) no

20. Bleeding occurs when blood flows out of blood \_(a) vessels (b) cells (c) arteries

21. Bleeding can be internal or \_ (a) external (b) painful (c) slow

22. To stop bleeding, first \_ the patient.(a) shout at (b) calm (c) ignore

23. The patient should lie down \_ on the floor or bed to stop bleeding.(a) upright (b) flat (c) curled

24. To stop bleeding, make the patient not have \_(a) pain (b) fear (c) hunger

25. Loose clothes around the victim's neck and waist for easy \_(a) talking (b) breathing (c) moving

26. To reduce blood flow, \_ the bleeding part of the body.(a) lower (b) raise (c) cover

27. Raise the foot of the bed to allow more blood to flow to the \_(a) leg (b) arm (c) brain

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

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

30. Fainting may occur due to insufficient supply of air or \_ to the body.(a) food (b) water (c) blood

Section B

1. The period when a person is not doing anything is \_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_ helps refresh the mind and body organs

3. \_\_\_\_\_\_\_\_\_ is when a person lies down with eyes closed and mind inactive?

4. \_\_\_\_\_\_ is the first assistance given to an injured person?

5. What is a temporary loss of consciousness? \_\_\_\_\_\_\_\_\_

Section C

1. Identify one benefit of adequate rest.

2. Describe an optimal condition for sleep.

3. Explain the primary objective of first aid.

4. List a medical condition necessitating first aid.

5. Outline a fundamental step in controlling bleeding.