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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 \_ anything (a) doing (b) not doing (c) always doing (d) never doing)

2. When the body works for a long time, it needs rest to relax the \_ (a) bones (b) muscles (c) joints (d) skin)

3. Too much work for a long time \_ the body (a) helps (b) strengthens (c) harms (d) builds)

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

5. Rest \_ the mind and body organs (a) tires (b) refreshes (c) pains (d) weakens)

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

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

8. Sleeping is when a person lies down with eyes \_ (a) open (b) closed (c) half open (d) blinking)

9. During sleeping, the mind and body are \_ (a) active (b) busy (c) inactive (d) thinking)

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

11. People should sleep in a well \_ room (a) furnished (b) ventilated (c) decorated (d) lit)

12. The beddings should be clean and \_ (a) hard (b) soft (c) comfortable (d) new)

13. Avoid \_ of people on the same bed (a) few (b) many (c) overcrowding (d) less)

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

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

16. First aid is given \_ the arrival of a medical doctor (a) after (b) before (c) during (d) without)

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

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

19. Severe bleeding is a condition that requires \_ (a) surgery (b) rest (c) first aid (d) medicine)

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

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

22. To stop bleeding, first \_ the patient (a) scold (b) calm (c) ignore (d) move)

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

24. Make the patient not be to have \_ (a) joy (b) hope (c) fear (d) anger)

25. Loose the clothes around the victim's neck and \_ (a) arms (b) legs (c) waist (d) head)

26. Loosening clothes allows \_ breathing (a) difficult (b) no (c) easy (d) loud)

27. Raise the bleeding part of the body to reduce blood \_ (a) flow (b) color (c) amount (d) temperature)

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

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

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

Section B

1. What is the period when a person is not doing anything? \_\_\_\_\_\_\_\_\_

2. What happens when a person lies down with eyes closed and mind inactive? \_\_\_\_\_\_\_\_\_

3. What is the first assistance given to an injured or sick person? \_\_\_\_\_\_\_\_\_

4. What is a condition where blood flows out of blood vessels? \_\_\_\_\_\_\_\_\_

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

Section C

1. List two benefits of resting for the human body.

2. Describe two ideal conditions for sleeping.

3. State the main purpose of giving first aid.

4. Name one type of bleeding mentioned in the text.

5. What is the first step to take when trying to stop bleeding for a patient?