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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) everything (c) nothing)

2. When the body works for a long period of time it needs rest so as to \_ the muscles (a) strain (b) relax (c) tighten)

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

4. Rest helps both children and adolescent to \_ (a) shrink (b) grow (c) stop)

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

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

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

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

9. People should sleep in a \_ room (a) noisy (b) comfortable (c) dirty)

10. People should sleep in a well \_ room (a) lit (b) ventilated (c) small)

11. The beddings should be clean and \_ (a) hard (b) uncomfortable (c) comfortable)

12. One should avoid overcrowding of people on the same \_ (a) room (b) bed (c) house)

13. One should avoid overcrowding of people in the same \_ (a) bed (b) room (c) car)

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

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

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

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

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

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

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

21. When stopping bleeding, you should \_ the patient (a) scold (b) calm (c) ignore)

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

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

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

25. Raise the bleeding part of the body to reduce the flow of blood to the \_ area (a) unaffected (b) affected (c) healthy)

26. Raise the \_ of the bed to allow more blood to flow to the brain (a) head (b) foot (c) middle)

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

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

29. A person who has fainted may lose touch with things happening within and \_ him (a) above (b) below (c) around)

30. Fainting may occur as a result of insufficient supply of air or blood to the \_ (a) limbs (b) brain (c) heart)

Section B

1. List two importances of resting.

2. Describe one best condition for sleeping.

3. What is the main purpose of First Aid?

4. Bleeding can be either internal or \_\_\_\_\_\_\_\_\_.

5. What is the first step when stopping severe bleeding?

Section C

1. Explain the significance of rest for overall well-being, as described in the text.

2. Discuss the critical factors that contribute to a conducive sleeping environment.

3. Define First Aid and elaborate on its primary objectives for an injured or sick person.

4. Detail the five essential steps to follow when administering first aid to stop severe bleeding.

5. Based on the text, what is fainting, and what is its primary cause?