**PATFIN HIGH SCHOOL, AKESAN, LAGOS STATE**

**SECOND TERM EXAMINATION [2018/2019]**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 1**

**SECTION A OBJECTIVES**

**Instruction: answer all questions in this section. DURATION: 1 hour 30 mins**

1. Judo was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Aminu Kano b) Good luck Jonathan c) Umaru Dikko d) Jigoro Kano e) Mary Outerbridge
3. The sliding of the feet over the mat with one following the other is called \_\_\_\_\_\_\_\_\_.
4. Dojo b) Tsuguashi c) Dan d) Tisukuri e) Judogi
5. One of the following is not necessary for good performance in gymnastics \_\_\_\_\_\_\_\_\_\_.
6. Strength b) Balance c) Good height d) Agility e) Flexibility
7. Which of the following is a protein food?
8. Potatoes b) Fruit c) Pasta d) Sugar e) Chicken
9. Fats and oil are obtained from the following except \_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Oil palm b) Milk c) Coconut d) Cashew nuts e) Groundnut
11. Measles, mumps and chicken pox are diseases caused by \_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Virus b) Protozoans c) Fungi d) Protozoa e) Worms
13. Gymnastics had its origin in exercises from \_\_\_\_\_\_\_\_\_\_\_.
14. Ancient Greece b) Ancient Roman c) Egypt d) Italy e) Spain
15. Which of the following is not a Non-contact sport?
16. Swimming b) Tennis c) Wrestling d) Gymnastic e) Volleyball
17. Swimming can only be done in the \_\_\_\_\_\_\_\_\_\_.
18. Field b) Swimming pool c) River d) a and c e) b and c
19. The study of Disease is known as \_\_\_\_\_\_\_\_\_\_.
20. Paralogy b) Pathology c) Painlogy d) Patholic e) Panthology
21. The following are classes of food EXCEPT \_\_\_\_\_\_\_\_\_\_.
22. Carbohydrate b) Carbon dioxide c) Vitamins d) Proteins e) Fats and oil
23. Nutrition deals with the study of \_\_\_\_\_\_\_\_\_\_.
24. Drinking and eating b) Eating and defecating c) Food and nutrients d) Food and water
25. The game Judo was introduced into Nigeria in the year \_\_\_\_\_\_\_\_\_\_.
26. 1974 b) 1973 c) 1972 d) 1971
27. Which of the following is a communicable disease?
28. Heart attack b) Stroke c) Cholera d) Cancer
29. Kwashiorkor is as a result of low \_\_\_\_\_\_\_\_\_\_ diet.
30. Carbohydrate b) Fats and oil c) Protein d) Vitamins e) Water

**SECTION B SUB-OBJECTIVE**

**FILL IN THE GAPS**

1. The two modern type of Wrestling are \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. One who does judo is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a body building food.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ boost the immune system and is essential for normal cell function, growth and development.
5. Animal oils, dairy products and fatty fish are examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**SECTION C THEORY**

**ANSWER FOUR QUESTIONS ONLY (QUESTION 1 IS COMPULSORY)**

1 a) Define Contact sports.

1. Give 5 examples of contact sports.
2. State 3 benefits of contact sports.

2 a) Define Non-contact sports.

b) Give 5 examples of Non-contact sports.

c) State three benefits of Non-contact sports.

3 a) Define Pathogens

b) Explain the terms communicable and non-communicable diseases and give examples.

4 Give 3 examples of the following diseases:

a) Viral disease c) Diseases caused by Protozoans

b) Fungal disease d) Bacterial disease

5 a) What is Nutrient?

b) Define food.

c) Mention the classes of food with examples of each.

d) List the different types of food.

6 List and explain 5 preventive measures for pathogens\disease