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

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

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 2**

**SECTION A OBJECTIVES**

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

1. Environmental pollution is the contamination of air, water and land from manmade \_\_\_\_\_\_\_.
2. Goods b) Objects c) Hazards d) Waste
3. The following are causes of postural defects EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Accidents b) Diseases c) Emotional feeling d) Illness
5. Lordosis is a postural defect relate to one of these body parts.
6. Head b) Hand c) Back d) Leg
7. Disease that cannot be transmitted from one person to another is called \_\_\_\_\_\_\_ disease.
8. Communicable b) Non-communicable c) Direct-contact d) Air-borne
9. All the following can affect the posture of an individual EXCEPT\_\_\_\_\_\_\_\_ position.
10. Wrong sitting b) Wrong walking c) Wrong eating d) Wrong standing
11. Which of the following diseases is non-communicable disease \_\_\_\_\_\_\_\_
12. Measles b) Scabies c) Dysentary d) Epileptic
13. \_\_\_\_\_\_\_\_\_ pollution occurs when chemicals are released into the soil during spill.
14. Thermal b) Air c) Land d) Noise
15. Human trafficking can lead to one of the following.
16. Enjoyment b) Good health c) Happiness d) Untimely death
17. \_\_\_\_\_\_\_\_\_\_\_\_ is a chronic inflammation of the bronchial tubes.
18. Kwashiorkor b) Anaemia c) Asthma d) Obesity
19. \_\_\_\_\_\_\_\_\_\_\_ victims of human trafficking are women and children.
20. 80% b) 20% c) 95% d) 85%
21. Not taking appropriate care can lead to \_\_\_\_\_\_\_\_\_\_\_\_ in sport.
22. Tort b) Assault c) Lack of care d) Negligence
23. Table Tennis was popularly called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
24. Ping Pang b) Ping Pong c) Peng Pong d) Ping Ping
25. Indoor activities include the following except \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
26. Computer game b) Excursion c) Ayo game d) Watching Television
27. The missile used in SHOT PUT is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
28. Javelin b) Discus c) Hammer d) Shot
29. \_\_\_\_\_\_\_\_\_\_\_\_ is a situation where the arc of the foot is lost.
30. Flat foot b) Obesity c) Kyphosis d) Lordosis
31. The table tennis game is started with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
32. Bully b) Jumping c) Centre pass d) Service
33. Freedom from hazards is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
34. First-aid b) Injury c) Safety d) Bleeding
35. Human trafficking results to physical and psychological health problems for the \_\_\_\_\_\_\_.
36. Victim b) Trafficker c) Doctor d) Government
37. Which of the following is not a postural defect?
38. Flat foot b) Kyphosis c) Lordosis d) Long legs
39. \_\_\_\_\_\_\_\_\_\_\_\_ is the postural defect where the spine curves abnormally to the side.
40. Kyphosis b) Scoliosis c) Lordosis d) Flat feet
41. Bow leg is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
42. Varis knee b) Narus knee c) Varus knee d) Rus knee
43. Sewage is used to describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ waste.)
44. Soft b) Solid c) Hard d) Liquid
45. The following EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_ are skills needed in tennis.
46. The kick b) The serve c) The grip d) The smash
47. Solo dance involves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dancer.
48. 2 b) 1 c) 3 d) 5
49. Which of these injuries is NOT common in sports?
50. Bruises b) Dislocation c) Scald d) Sprain

**SECTION B SUB-OBJECTIVES**

**FILL IN THE GAPS WITH THE APPROPRIATE ANSWER**

1. \_\_\_\_\_\_\_\_\_\_\_\_ is the free time or period after the day’s work.
2. An immediate and temporary care given to an injured or sick person before the arrival of a doctor or before taken to the hospital is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. What does WHO stand for?
4. Presence of over head powerlines, motor way bill boards, scared land forms is called \_\_.
5. Kyphosis is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**SECTION C THEORY**

**ANSWER FOUR (4) QUESTIONS ONLY.**

1. a) Define Non-communicable disease.
2. Explain the nature of Kwashiorkor and Obesity.
3. List 2 preventive measures against non-communicable diseases.

2 a) Define Posture.

b) List 4 kinds of posture.

c) List and briefly explain two postural defects.

d) List four causes of postural defect.

3 a) Define Sports and Society.

b) State four functions of sports in the society.

c) Explain briefly sports and character building.

4 a) What is Human Trafficking?

b) List two causes of human trafficking.

c) List and explain two methods of human trafficking.

d) List 2 solutions to human trafficking.

5 a) Define Sports law.

b) Define Assault and Negligence.

c) State two issues and challenges in physical and health education.