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

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

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 3**

**SECTION A OBJECTIVES**

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

1. Which of these GRIPS is used by those who have dominated javelin for years?
2. Bad American grip b) Finish grip c) Good American grip d) Fork grip
3. Malaria is caused by \_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Bacterium b) Virus c) Fungus d) Parasitic Protozoan
5. Communicable diseases are caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Pathogens b) Alcohol c) Anaemia d) Obesity
7. How many team plays in a Hockey game?
8. 3 b) 2 c) 10 d) 5
9. Physical fitness can be achieved through \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Correct nutrition b)Mal-nutrition c) Drug d) Alcohol
11. All these are pathogens except \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Bacterial b) Nematode c) Parasite d) Virus
13. \_\_\_\_\_\_\_\_\_\_\_ is an example of communicable disease.
14. Whooping cough b) Obesity c) Anaemia d) Cancer
15. Langa means \_\_\_\_\_\_\_\_\_\_\_\_\_ in Hausa.
16. Hopping on one foot b) Dancing on two legs c) Hopping on two feet d) Stepping on one foot
17. Bata is associated with \_\_\_\_\_\_\_\_.
18. Oya b) Sango c) Masqurade d) None
19. Atilogwu means \_\_\_\_\_\_\_\_\_\_ in Igbo.
20. Is this rea l? b) Is this magic? c) Is it genuine? d) Is this sure?
21. \_\_\_\_\_\_\_\_\_\_ Small sticks are used to play bata.
22. 3 b) 4 c) 8 d) 2
23. The components of physical fitness are categorized into \_\_\_\_\_\_\_\_\_\_\_\_\_.
24. 2 b) 5 c) 7 d) 3
25. \_\_\_\_\_\_\_\_\_\_ is the ability of the lungs and heart to keep up with physical activities.
26. Flexibility b) Cardiovascular endurance c) Muscular strength d) Muscular endurance
27. \_\_\_\_\_\_\_\_\_\_ is a large traditional plucked lamellophone used by the Yoruba people.
28. Bata b) Langa c) Shadi d) Agidigbo
29. \_\_\_\_\_\_\_\_\_\_\_\_ Dribble is the common dribble used by hockey players.
30. Straight b) Indian c) One-handed: Right hand d) Loose

**SECTION B SUB-OBJECTIVES**

**FILL IN THE GAPS**

1. A long flexible pole is used to jump the bar in \_\_\_\_\_\_\_\_\_\_\_\_.
2. Sharo is believed to originate from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The values of computer game include \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.
4. Tuberculosis is transmitted through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The three types of carriage in Javelin throw are \_\_\_\_\_\_\_,\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_.

**SECTION C THEORY**

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

1. a) Draw and Label the Hockey stick and pitch.
2. List three (3) Hockey equipments and facilities.

2 Differentiate between Communicable Diseases and Non-communicable and give three (3) examples each.

3 a) Briefly describe Sharo dance.

b) Mention five (5) examples of Computer game.

4 a) State and explain the types of Grips in Javelin.

b) Explain the method of Carriage in Javelin.

5 a) What is Physical Fitness?

b) List three (3) components each of Skill and Health related component.

c) List six (6) factors that influences Physical Fitness.

6 a) What is the mode of transmission of the following diseases:

1. Whooping Cough
2. Mumps
3. Measles
4. Tuberculosis

b) Write the signs and symptoms of the following diseases

1. Sickle Cell Anaemia
2. Malaria
3. Pneumonia