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

**FIRST 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. The following are aspects of human life developed by physical education except \_\_\_\_\_\_\_\_\_\_.
2. Social aspect b) Mental aspect c) Dramatic aspect d) Emotional aspect
3. Which of the following is an aerobic or endurance exercise?
4. Calf stretch b) Jogging c) Standing on one-foot d) Shoulder and upper arm stretch
5. The atoms of water are chemically held together by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Covalent b) Valent c) Hydrogen d) Chemical
7. Health Education helps to acquire and practice desirable health habits that lead to total health.
8. True b) False c) I don’t know d) All of the above
9. Physical Health Education offers the various careers except
10. Wrestling b) Trading c) Footballing d) Boxing
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Components relates directly and affect the health of an individual.
12. Physical b) Performance c) Health d) Balance
13. All physical activities that are performed both indoors and outdoors for social and physical benefits refers to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ education.
14. Health b) Safety c) Games d) Physical
15. Bucket latrine is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means of sewage disposal.
16. Physical b) Chemical c) Mobile d) Hygienic
17. Health education helps to acquire and practice desirable health habits that leads to \_\_\_\_\_\_\_\_
18. Illness b) Total health c) Partial health d) growth
19. \_\_\_\_\_\_\_\_\_\_\_\_ is the amount of force applied against resistance.
20. Muscular power b) Flexibility c) Balance d) Muscular strength
21. Which of the following exercises help prevent falls?
22. Flexibility b) Strength c) Endurance d) Balance
23. Water can be stored in the following except \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
24. Bottles b) Clay pots c) Paper d) Reservoirs
25. Hardness of water is caused by \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ salt dissolved
26. Calcium and Magnesium b) Magnesium and Phosphorus c) Calcium and Potassium d) Calcium and Sodium
27. The human individual emotional and psychological well-being is referred to as \_\_\_\_\_\_\_\_\_\_ health.
28. Social b) Mental c) Physical d) Human
29. \_\_\_\_\_\_\_\_\_\_\_\_ is the ability to move quickly over a short period of time.
30. Speed b) Accuracy c) Balance d) Co-ordination

**SECTION B SUB-OBJECTIVE**

**FILL IN THE GAPS**

1. The two major sources of water to man are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the external factor affecting human well-being.
3. The combination of speed and force is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exercise makes the muscle stronger.
5. Water is treated to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**SECTION C THEORY**

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

1 a) Define Physical Education.

1. Define Health Education
2. List three (3) importances each of Physical and Health Education.

2 a) What is Physical Fitness?

b) List all components of Performance Related Components.

c) State three characteristics of a Physically Fit Person.

3 a) Write out five (5) Safety Precautions taken while performing exercise.

b) List and explain a category of exercises and Physical activity.

4 a) Define Health.

b) List the determinants of health.

c) Explain Lifestyle in Brief.

5 a) What is sewage?

b) List the common methods of Sewage disposal.

c) State three (3) common methods of Refuse disposal.

6 a) List five (5) Sources of Water supply.

b) List three (3) qualities of Good Water.

c) List two (2) Uses of Water.