

----- activities cannot be engaged in for leisure purposes

\*weight lifting \*

The type of bone covered with a strong membrane is called

\*Periosteum \*

What repairs themselves and change in size and weight as the body grows?

\*bones\*

Most major health problems in the society today have been attributed to  
lack of

\*Exercise\*

A prolonged muscle contraction causing pain is called

\*muscle cramp\*

Which hereditary disease that gradually destroys muscle fibers?

\*muscular dystrophy \*

Rupture tendons can also lead to

\*torn muscles \*

What occurs when a portion of the intestine pushes itself through the layer of skeletal muscles in the abdomen or groin

\*Hernia\*

Which part of the body contains minerals that are non-living materials?

\*Bones\*

How many components of fitness are there?

\*5\*

Health is ----- in nature

\*Dynamic\*

Health education is about the ----- and practical application of the health knowledge acquired or health information received

\*Scientific\*

A clean environment that promotes positive

\*health attitudes and habits \*

The ----- forms the foundation where learning is laid in PHE

\*Home\*

At the primary schools level, pupils do most of the learning should be by  
-----

\*Seeing\*

The concept of 'a sound mind in a sound body' is derived from the -----

\*Physical education \*

The medium through which individuals acquire formal knowledge in physical education is known as

\*instructional activity \*

The \_\_\_ provides avenues such as inter-class and inter-house in games, athletics, gymnastics and sports for individual pupils to engage in.

\*intramural activity \*

The activities performed by an individual during hours when he/she is not at work is called -----

\*recreation activities \*

----- encourages sports competition among schools, colleges and universities for those students anxious to train and compete on a collegiate level in such sports as volleyball, athletics, football, badminton, handball, weightlifting, etc.

\*extramural activities \*

----- is the kind of sports that pupils/athletes are exposed to where they now exhibit their skillful talents to the outside world.

\*extramural activities \*

The physical activities for the physically challenged/handicapped set of people/pupils is known as -----

\*adaptive activity \*

----- education teaches people how to utilise leisure hours in a useful or constructive way

\*recreation activities \*

----- is an aspect of physical education that deals with physical activities engaged in outside the classroom but within the school facility.

\*intramural activity \*

Jumps, half turn in trampoline, tumbling and angular twist in diving all of these are -----

\*Aerial movement \*

The concept of ~~Q~~a sound mind in a sound body~~Q~~ is derived from the -----

\* Physical education \*

Sitting, standing, walking, turning, running, etc. are ----- kind of skills

\*fundamental movements \*

Activities using rhythm-songs or beats to express action make use of locomotor and ----- movements

\* nonlocomotor\*

The types of sports and games organised within the school are known as -----

\*intramural competitions \*

How many categories of movement are there?

\*2\*

Prevention and minimising costs of accidents rest on -----

\*safety education \*

A bane of the Nigerian society is the absence of a good -----

\*maintenance culture \*

An environment which attends to the physical, aesthetic surrounding is known as a ----- school environment

\*healthful \*

An activity based exercise that only a qualified teacher with knowledge of

health education should impart health knowledge to students is known as -----

\*health instruction \*

The basic involvement skills required for the achievement or attainment of other major skills in physical education are ----- movements

\*Fundamental\*

One of these is not a nature of safety

It does not involve training

What type of education provides cognitive, affective and psychomotor related activities?

physical education

Services that provide wide range of individual and group assessments, interventions and referrals is known as

social services

The difference between the teaching profession and law or medicine is ---

Codes of conduct

All of these contribute to good study habit in PHE except

how much text/materials the pupil have to study

The difference between the teaching profession and law or medicine is ---

Codes of conduct

The basic involvement skills required for the achievement or attainment of other major skills in physical education are \_\_\_\_\_ movements

fundamental

A continuous smooth movement along the surface of the floor/ground in which the feet are continually in touch or contact with the surface of the ground is

sliding

Which of these is not pertinent to good study habit?

practicalise your plan, make sure that you do not have a specific place for reading and ensure that the place is conducive for reading

The definition of safety is all of these except

a state of feeding threatened by life threatening factors

Physical education can contribute all of these to the well-being of the individual except

clinical

Physical education is that phase of education concerned with the all of these except

unhealthy activities

These movement opportunities are realised through the following methods except  
narrative

Which kinds of sports are pupils/athletes exposed to where they now exhibit their skilful talents to the outside world.

extramural activities

It is through the wellplanned extramural sports that the pupils/athletes are exposed to such sports where they now exhibit their skilful talents to the

outside world.

extramural activity

Jumps, half turn in trampoline, tumbling and angular twist in diving all of these are

aerial movement

The physical activities for the physically challenged/handicapped set of people/pupils is known as

adaptive activity

A set of physical activities that allows the body to respond or adapt to the needs and stress of physical effort is known as

none of the options

What helps people to reduce cases of heart disease, cancer, high blood pressure, diabetes and other degenerative diseases?

physical activity

The ability to perform or sustain a prolonged, large-muscle and variety of exercises at moderate to high levels of intensity is referred to as cardiorespiratory endurance

The ability of an individual to sustain a given level of muscle tension is known as

muscular endurance

The risk factors in doping can be categorised into these except

all of the options

One of these activities cannot be engaged in for leisure purposes

weight lifting

Rupture tendons can also lead to

muscular dystrophy

What occurs when a portion of the intestine pushes itself through the layer of skeletal muscles in the abdomen or groin?

muscular dystrophy

Which part of the body contains minerals that are non-living materials?

bones

How many kinds of drugs are subject to restriction in sports

4

How many types of bones are there in the human body?

6

Better/good academic achievement on the part of the pupils is enhanced by the home and the school

What frustrates pupils' attempt to learn?

when the materials are not related to pupils' intellectual and physiological capacities

Health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity as defined by ----

WHO (1945)

The factors that play dominant role in health are these except tradition

Who sees health as a condition or quality of life which enables one to meet his/her responsibilities effectively?

Udoh (1993)

Before a learner is exposed to learning the pupil must grow in all these areas except

academically

At the primary schools level pupils most of the learning should be by seeing