KITH AND KIN INTERNATIONAL COLLEGE

*7/11 Kaoli Olusanya Street, Owode Ibeshe, Ikorodu, Lagos State.*

THIRD TERM EXAMINATION 2024/2025 ACADEMIC SESSION



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| **NAME** |  | | | | |
| **SUBJECT** | **PHYSICAL AND HEALTH EDUCATION** | **CLASS** | **JSS 1** | **DURATION** | **1½ HOURS** |

**SECTION A: Objectives**

**INSTRUCTION:** Answer all questions 

1. “Look at the above picture carefully, what do see?”
2. People gambling with obesity
3. Accumulating fats
4. Performing physical exercises to be physically fit
5. Acquiring fatigues

1. The ability to perform one’s work without excessive stress or fatigue and still have enough energy for social life is ----
2. Social fitness
3. Recreational fitness
4. Physical fitness
5. Emotional capability
6. The ability of the body to apply force is known as -------
7. Flexibility
8. Calisthenics
9. Muscular strength
10. Muscular endurance
11. The process of stretching the muscle and tissues regularly is known as
12. Agility
13. Balance
14. Flexibility
15. Coordination
16. One of the following is a benefit derived from physical fitness exercises
17. Bullying
18. good habit
19. good body posture
20. academic excellence.
21. It is that healthy body contains ---

A. sick mind

B. healthy mind

C. wealthy mind

D. good mind. 

7. What did this image above teach us about ?

1. remedial hours
2. personal health.
3. Community involvement
4. School health services

8.Growth, development, intelligence, some types of sickness and other characteristics are determined by one of the following

1. Lifestyle
2. Trait
3. Heredity
4. Coagulation
5. Method of dealing with how we think, our feelings, and the way we cope within daily life is termed ----
6. Social health
7. Mental health
8. Emotional health
9. None of the above
10. Method through which one acquired health knowledge that is required for upholding health living is acknowledged as ------------
11. Physical and health education
12. Health education
13. Physical education
14. Special education
15. ---------- is an integral part of total education that helps to build the body and the mind through physical exercises.

A. Camping

B. Education

C. Behavior

D. physical education

12. --------- is the way a person lives his or her own life

1. Heredity
2. Socialization
3. Trafficking
4. Lifestyle

13.One of the following is an objective of physical education.

1. It helps in sleep habit
2. help to battle prolonged diseases.
3. it causes anxiety
4. correction of postural defect
5. The prevention and management of mental, physical and social well being through the service offered by health professional is called ------
6. First aid
7. Help service
8. Professional services
9. Health service
10. The process by which physical, physiological and mental characteristics are transmitted from parents to their children is called ----
11. Heredity (human biology)
12. Environment
13. Sedimentation
14. Potassium
15. Ways of burning refuse in a control cabin is known as ---------
16. Incineration
17. Removal of method waste
18. Septic method
19. Pit deposited
20. Methods used to create fun, excitement, strength and physical fitness is known as
21. Sports
22. Alcohol
23. War
24. Fight
25. With the under listed options which of these indicate that an individual is generally strong and healthy.
26. Physical fitness
27. Physical related component
28. Health related component
29. Performance related component
30. Physical fitness is important for helping the body to ------
31. Preventing diseases
32. Add pleasure
33. Adapt to changes
34. Becoming sick
35. -------- is a state of complete health and absence of diseases and infirmity?
36. Health.
37. Vitamin
38. Hygiene
39. Physical fitness

21. ------ is an ability to resist diseases and infection.

1. Good posture
2. Kinesiology
3. Joyfulness
4. Good immune

22.The measure that often taken to protect the innocent buyer or consumer from buying and using fake or harmful product and services is called ----

1. Consumer trait
2. Consumption health
3. Consumer health
4. Communicable health
5. --- are sports in which players may directly or indirectly have physical contact with an opponent.
6. Separated sports
7. Contact sports
8. Non-contact sports
9. Difficult sports
10. The safety measure in contact and non-contact sports include the following except
11. Inspect all facilities and equipment before use
12. Officials should ensure fair play
13. Players should imbibe the spirit of sportsmanship
14. Ensure fighting and quarrelling with your co-contestants
15. Pulling out and Contracting the muscles with different exercises is known as ----
16. Elasticity
17. Matching
18. Recreation
19. Calisthenics
20. Who can tell me what these people in the picture bellow are doing?
21. Playing football
22. Jugging
23. Running a race
24. Swimming



1. ----- is an official who saves life in aquatics games
2. Referee
3. Life guard
4. Lane judge
5. Turning judge
6. The measurement for standard volleyball court is -----
7. 16m by 12m
8. 12m by 6m
9. 16m by 8m
10. 18m by 9m
11. The importance of balance diet are ---- except
12. It helps to maintain good health
13. It promote growth and builds the body tissues
14. it provide needed energy for physical exercises
15. it helps the environment to be clean
16. Which of the following is not a function of food to the body
17. Energy
18. Development
19. Growth
20. Retardation
21. Ulcer is said to be a type of sickness that comes as a result of ---
22. Too much food
23. Starvation
24. Too much rest
25. Restless moment
26. One of the following is concerned with nutrition
27. How food is digested
28. All of the above
29. How food is used by the cells for proper functioning
30. Composition of food

1. Which classes of food builds and repairs worn-out tissues and cells of the body ?
2. Vitamin
3. *Proteins*
4. Fats and oils
5. Carbohydrates

1. The energy by athletes is derived from two classes of food namely,
2. Fats and oils, protein
3. Vitamin and carbohydrate
4. Carbohydrates, fats and oils
5. Protein and vitamin

1. Which of the following is best describes hypertension ?
2. Low blood pressure
3. High blood pressure
4. Lack of blood
5. Normal blood level
6. Which of these ailments is an insect borne ?
7. Cholera
8. Malaria fever
9. Sleeping sickness
10. All of the above
11. The malaria vector is known as ----
12. Butter fly
13. Tse-tse fly
14. House fly
15. Mosquito
16. When a pathogen cannot be seen with the naked eyes, it is said to be ----
17. Ultra-microscopic
18. Worm-animatic
19. Multi-microscopic
20. Microscopic
21. ----- is an agent roots or causes diseases
22. Virus
23. Worm
24. Bacteria
25. Pathogens

1. Which of the following is not a way of inhibiting or preventing communicable diseases ?
2. Wash all edibles clean before consumption
3. Isolation of people suffering from the diseases
4. Promotion of immunization against the diseases
5. By sharing a comb, drinking cup, sharp objects with an infected person
6. Development, growth, intelligence, some types of sickness and other specific characteristics are determined by one of the following
7. Lifestyle
8. Trait
9. Coagulation
10. Heredity

1. Measures that often taken to protect the acquitted buyer or consumer from buying and using fake or harmful product and services is termed------
2. Purchaser trait
3. Ingestion health
4. Transmissible health
5. Consumer health
6. One of the benefits of swimming is
7. Increase in body weight
8. Joint pain
9. Stomach ache
10. Improving lung capacity
11. Martial arts originated mainly from
12. Africa
13. Europe
14. America
15. Asia
16. One important safety rule in swimming is
17. Run by the pool
18. Dive in shallow water
19. Ignore instructions
20. Swim under supervision
21. Coordination is the ability to
22. Sleep quickly
23. Move parts of the body together smoothly
24. Become dizzy
25. Feel sleepy
26. In martial arts, a person who trains others is called
27. Learner
28. Master
29. Boss
30. Watcher
31. From the options bellow which one is used for martial arts ?
32. Paddle
33. Belt
34. Net
35. Ball
36. A major benefit of engaging in sports is
37. Body weakness
38. Fitness and health
39. Increased sickness
40. Tiredness

1. One of these skills is common in both volleyball and table tennis ?
2. Blocking
3. Passing
4. Serving
5. Hitting

**SECTION B THEORY:**

**INSTRUCTION:** Answer four questions but question number one is compulsory

1A What is recreation? (2 marks)

B List four benefits of sports and recreation. (2 marks)

C Mention two examples of recreational activities. (2 marks)

D State four differences between sports and recreation (2 marks)

E What is the purpose of a lifeguard in a swimming pool? (2 marks)

2A List and explain two types of sports. (2 marks)

B State three benefits of sports. (2 marks)

C Define recreation. (2 marks)

D List four examples of recreational activities. (2 marks)

E What is dance? (2 marks)

3A What is a dislocation? And state two areas where it can occur in your body part. (3 marks)

B What does R.I.C.E stand for in injury treatment? (4 marks)

C State three ways to prevent sports injuries. (3 marks)

4A What are two good differences between table tennis and tennis (2 marks)

B Mention two pieces of equipment used in table tennis (2 marks)

C What is the length of standard table tennis table? (2 marks)

D What does the term “deuce” mean in tennis? (2 marks)

E What is a serve in table tennis? (2 marks)

5A Mention the three key components of coordination ? (2 marks)

B Define coordination and give two examples of coordination activities (2 marks)

C Discuss the importance of balance in physical education? (2 marks)

D Why is coordination important in sports? (2 marks)

E in which way can we improve coordination (2 marks)

6A What is martial arts? (2 marks)

B List two types of martial arts (2 marks)

C What is a “dojo” in martial arts? (2 marks)

D Who is a sensei in martial arts? (2 marks)

E What is the meaning of “kata” in martial arts? (2 marks)