PHYSICAL HEALTH EDUCATION

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FOR

Junior Secondary School

AKADALEARN

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JSS 1

PHYSICAL HEALTH EDUCATION

FIRST TERM

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Week 1

Topic: Meaning of Physical Education

Introduction

Physical education involves the overall well-being of an individual; physical, emotional, mental and Physical education has to do with man and health generally. Apart from these, physical education through well planned and programmed exercises, helps to remove the stress and strain of modern-day living.

Purpose of Physical Education

The aim of physical Health Education is to avail individuals the opportunity to learn the activities that will lead to positive physical, social, mental and emotional growth. Below are some laid out purpose of physical and health education:

1. Physical development: Physical education helps to develop the muscles of the body through selected, well planned and programmed physical activities that can make the child develop the muscles of the arms, legs, shoulder, and abdomen. This will lead to physical fitness.
2. Skills: Physical education help to develop skills, such as running, jumping, riding etc.
3. Emotional stability: Physical education aids emotional stability, which will, therefore, lead to sound mental health and a balanced mind.
4. Proper functioning of the body system: the vital organs of the body are developed e.g. the rate and force of the heartbeat, breathing becomes deeper, heat production and body waste elimination are enhanced, improved appetite, sleep and accelerated body build up.

Meaning of Health Education

Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health.

Health education can be defined as the principle by which individuals and groups of people, learn to behave in a manner conducive to the promotion, maintenance, or restoration of health.

Difference between physical education and health education

Health education gives students the knowledge and skills to thrive physically, mentally, emotionally, and socially. It contributes to students' ability to successfully practice behaviours that protect and promote health and avoid and reduce health risks. Health education helps students to determine personal values and group norms that support healthy behaviours. Through comprehensive health education, students learn basic health concepts and influences on health. They develop the skills required to adopt, practice, and maintain health-enhancing and safe behaviours. These skills include: analyzing the reliability and validity of media and health resources; communicating effectively using refusal and conflict management skills; setting goals; and making healthy decisions. **Health education** helps students to be better consumers of information, manage stress, and make healthy decisions in the face of conflicting messages. It assists them in living healthier lives. Physical education provides students with the skills and knowledge needed to support participation in a wide variety of physical activities that contribute to an active lifestyle. Physical education provides building blocks for skill development, skill analysis, physical fitness, stress reduction, decision-making, and positive social skills. Students learn to assess and set goals, evaluate their own physical fitness, and use the knowledge to maintain or improve their current fitness level. Students who participate in physical education on a regular basis learn the benefits of physical activity and its contribution to a healthy lifestyle.

Scope of Physical Education

Physical activity must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
What are the career options? There are various career options in sports academy, health clubs, sports goods manufacturing companies, and in the areas of marketing. Also, there are opportunities as a physical educator;

1. School commentator
2. Sport journalists
3. Sport trainers
4. School/college teacher and many more.

ASSESSMENT

1. Define Physical Education
2. Differientiate between Physical Education and Health Education
3. List 2 purpose of Physical Education

ANSWER

1. Physical Education can be defined as the process of educating the body through carefully selected, well planned and programmed physical activities.
2. Health education helps students to be better consumers of information, manage stress, and make healthy decisions in the face of conflicting messages, while Physical education provides students with the skills and knowledge needed to support participation in a wide variety of physical activities that contribute to an active lifestyle.
3. Purpose of physical education: (i) Physical development: Physical education helps to develop the muscles of the body through selected, well planned and programmed physical activities that can make the child develop the muscles of the arms, legs, shoulder, and abdomen. This will lead to physical fitness. (ii) Skills: Physical education help to develop skills, such as running, jumping, riding etc

Week 2

Topic: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES

Meaning of Physical Fitness:

Physical fitness is the ability of an individual to perform his daily work well without feeling too tired and still have reserved energy. **Physical fitness** is also a state of health and well-being, and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous exercise and sufficient rest.

Components of Physical fitness:

The attempt to define the term physical fitness has led to the identification of the components that make up physical fitness. This accounts for the reason why experts have attempted to group the components into two i.e.

1. The health-related components
2. Skill or performance related components

The health-related components are directly and affect the health of an individual. They are essential for survival regardless of the persons -sex, -age, -religion or -occupation. These include;

- Muscular strength

- Muscular endurance

- Cardio-vascular muscular endurance

- Flexibility

The performer related components are essential for skill performance. They are regarded as additional to health-related components, these includes:

-coordination

-muscular power

-agility

-accuracy

-balance

-body composition.

Description of health-related components

Muscular strength: Muscular strength is the maximal one-effort exertion a group of muscles can make.

Muscular endurance: Muscular endurance is the ability of a group of muscles to contract for a period of time without fatigue.

Cardio-vascular-respiratory endurance: Cardio-vascular-respiratory endurance, is the ability of the heart and respiratory system to utilize oxygen and persist in strenuous activity for a considerable length of time.

Flexibility: Flexibility is the ability to move easily the joints I .e the ability of the joints to move easily without hindrance.

Description of skill related components coordination

Is the effective orderly working of the skeletal, nervous, muscular system, and the senses of touch, sight and hearing.

Muscular power- Power is a dynamic source of strength per unit of time

Speed- Speed is the way at which force can be applied. The formula is:

$$\textbf{Speed} = \frac{\textbf{distance}}{\textbf{time}}$$

Agility: Agility is the ability to move quickly in different directions from different positions.

Accuracy- Accuracy is the ability to control and direct the movement of one object towards the other. an example is shooting in basketball.

Balance – Balance is the ability to maintain stability at rest after the performance of a series of movement.

ASSESSMENT

1. Define Physical fitness

2. What are the two components of Physical fitness

3. Define the following terms (i) Agility (ii) Accuracy

ANSWER

1. Physical fitness is the ability of an individual to perform his daily work well without feeling too tired and still have reserved energy.

2. Two components of Physical fitness are: (i) The health-related components (ii) Skill or performance related components

3. (i) Agility is the ability to move quickly in different directions from different positions. (ii) Accuracy is the ability to control and direct the movement of one object towards the other.

Week 3

Topic: CHARACTERISTICS OF A PHYSICALLY FIT PERSON

Flexibility

One characteristic of a physically fit person is flexibility, the ability to move the joints through a full range of motion without pain. Flexibility is joint specific, as each joint in the body possesses a separate range of motion. Stretching the joints and muscles daily can help enhance your flexibility and range of motion. The benefits of achieving adequate flexibility include decreased risk of injury, less stiffness, increased agility and enhanced coordination.

Cardiovascular Endurance

One good quality of physical fitness includes cardiovascular endurance. Cardiovascular endurance is the ability of the respiratory and circulatory systems to provide oxygen to the body during sustained exercise. Achieve cardiovascular fitness by engaging in 30 to 60 minutes of continuous aerobic activity five to seven days per week. The advantages of attaining cardiovascular fitness include a decreased risk of heart disease, a strong heart, decreased levels of bad cholesterol and increased levels of good cholesterol.

Muscular Strength and Endurance

Muscular strength and endurance are two separate concepts of physical fitness that incorporate the use of the muscles. Muscular strength is the amount of force applied against resistance, Colorado University reports. For example, you use muscular strength when lifting a box or bench pressing weights. Muscular endurance is the ability to continuously use your muscular strength without fatigue. For example, a person with good muscular endurance could perform consecutive pushups or repetitive squats without fatigue. The benefits of having good muscular strength and endurance include improved athletic performance, less risk of injury, enhanced balance and decreased stiffness.

Importance of Physical Fitness

Confidence

Physical fitness is one of the most important factors that allow us to lead a healthy and active life. A physical fitness program not only improves the health and power of the body but also the entire lifestyle. Maintaining physical fitness is a difficult task for most of the people because of the pressure and strain that they face daily. A person who is physically fit will be more confident in public places because they feel more comfortable than others who are not fit.

Life Longer

Regular exercise helps you to prevent a lot of health problems including heart diseases, diabetes, hypertension and cancer. If you do regular exercise, you can resist the effects of dangerous chemicals like free radicals on your body. Exercise also supports the growth of heart muscles and thereby increases the pumping speed of blood. In a physically fit person the nutrient absorption will be at the optimal level, bones grow bigger and faster, and curative process happen quicker than others. Health and fitness of our body can be determined by checking our eating habit, a way of living, type and amount of food we eat, the number of times we take food and physical exercise. A right exercise plan is very much essential to keep our body fit, in spite of our way of life, age or physical ability. We all require a certain amount of the right type of exercise to keep our body healthy, regardless of our way of life, age or physical ability. Physical fitness keeps people in the exact frame of mind and boosts mental sharpness and concentration.

ASSESSMENT

1. Highlight two characteristics of a physically fit person
2. State importance of physical fitness

ANSWER

1. Two characteristics of a physically fit person include: (i) Flexibility (ii) Cardiovascular Endurance
2. Importance of physical fitness include: (i) Confidence (ii) Long life

Week 4

Topic: Exercise to Develop Strength, Endurance and Flexibility

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Reasons for Exercise

1. It helps in strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment.
2. Frequent and regular physical exercise boosts the immune system and helps prevent the “diseases of affluence” such as heart disease, cardiovascular disease, TypeIt may also help prevent depression.
3. It helps to promote or maintain positive self-esteem.
4. It improves mental health generally and can augment an individual’s sex appeal or body image, which has been found to be linked with higher levels of self-esteem
5. It helps to reduce childhood obesity as it is a growing global concern.
6. Physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the “miracle” or “wonder” drug—alluding to the wide variety of proven benefits that it can provide.

Classification

Physical exercises are generally classified into three types, depending on the overall effect they have on the human body

1. **Aerobic exercise**: is any physical activity that uses large muscle groups and causes your body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

2. **Anaerobic exercise:** It is also called strength or Resistance training and can firm, strengthen, and tone your muscles, as well as improve bone strength, Balance, and Coordination. Examples of strength moves are pushups, lunges, and bicep curls using dumbbells. Anaerobic exercise also includes weight training, functional training, eccentric training, Interval training, sprinting and high-intensity interval training increase short-term muscle strength.
3. **Flexibility exercises:** It stretches and lengthens your muscles. Activities such as stretching help to improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

Importance of Exercise

Sometimes the terms 'dynamic' and 'static' are used.[citation needed] 'Dynamic' exercises such as steady running, tend to produce a lowering of the diastolic blood pressure during exercise, due to the improved blood flow. Conversely, static exercise (such as weight-lifting) can cause the systolic pressure to rise significantly (during the exercise).

Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.

Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You

may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

Exercise can be fun

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. If you get bored, try something new.

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns.

The following are exercises that develop strength, endurance and flexibility:

1. Circuit training
2. Interval training
3. Weight training
4. Weightlifting
5. Isometric exercise
6. Calisthenic exercise

1. Circuit training: Circuit training involves a series of exercise, usually ten or less that is performed in a progressive manner. A different activity is performed at each of the ten stations on a time basis.
2. Interval training: Interval training is a physical activity involving the distance to build endurance, an increase in speed, an increase in the number of repetitions, the rest or recovery period. This is meant to develop cardiovascular endurance.
3. Weight training: Weight training utilizes resistance exercise considering the number of repetition and also the duration and intensity of the exercises being performed.
4. Weightlifting: Weightlifting involves lifting and it involves few repetitions
5. Isometric Exercise: Isometric exercises are exercise whereby muscles contract and build up tension and hold without any shortening or lengthening. They are valuable in strength development.
6. Calisthenic Exercise: Calisthenic exercise make the muscles contract so that they shorten to bring the ends together (concentric), or the muscles lengthen so that the ends go away from the centre (eccentric or isotonic)

ASSESSMENT

1. State 3 reasons for exercise

Explain the following

2. Aerobic exercise

3. Anaerobic exercise

4. Flexibility exercise

5. Give 3 importance of exercise

ANSWER

1. Three reasons for exercise are (i) Frequent and regular physical exercise boosts the immune system and helps prevent the “diseases of affluence” such as heart disease, cardiovascular disease, TypeIt may also help prevent depression. (ii) It helps to promote or maintain positive self-esteem. (iii) It improves mental health generally and can augment an individual’s sex appeal or body image, which has been found to be linked with higher levels of self-esteem

2. Aerobic exercise: is any physical activity that uses large muscle groups and causes your body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance.

3. Anaerobic exercise: It is also called strength or Resistance training and can firm, strengthen, and tone your muscles, as well as improve bone strength, Balance, and Coordination.

4. Flexibility exercises: It stretches and lengthens your muscles. Activities such as stretching help to improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

5. 3 Importance of exercise are; (i) Exercise boosts energy (ii) Exercise controls weight (iii) Exercise can be fun

Week 5

Topic: SAFETY PRECAUTIONS WHEN PERFORMING AN EXERCISE

We always need to take a safety precaution when taking an exercise, meaning that we have to be careful of what we do and wear when we want to take exercise, in order to avoid injuries or very serious health hazards. Here are ten safety precautions we ought to take when taking an exercise:

1. Take five to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.
3. Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Sports prompting repetitive wear and tear on certain parts of your body — such as swimming (shoulders), jogging (knees, ankles, and feet), tennis (elbows) — are often overused culprits, too. A mix of different kinds of activities and sufficient rest is safer.
4. Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.
5. If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps or sets.
6. For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.
7. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.

For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.

Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when the temperature rises above 70°F. On days when the thermometer is expected to reach 80°F, exercise during cooler morning or evening hours or at an air-conditioned gym. Watch for signs of overheating, such as a headache, dizziness, nausea, faintness, cramps, or palpitations.

Dress properly for cold-weather workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up. Don't forget gloves.

ASSESSMENT

1. Failure to dress properly for cold weather workouts could lead to _____ (a) Fun (b) Hypothermia (c) Stress (d) Energy
2. Humid conditions can lead to _____ (a) Overheating and hydration (b) Fresh Skin (c) Good health (d) Weakness
3. Slow your pace when the temperature rises above _____ (a) 20'F (b) 40' F (c) 60'F (d) 70'F
4. Signs of overheating include the following except (a) Headache (b) Dizziness (c) Nausea (d) Cold

ANSWER

1. b
2. a
3. d
4. d

Week 6

TOPIC: PERSONAL, SCHOOL AND COMMUNITY HEALTH

Determinants of Health

Health is a complete state of physical, mental and social well-being and not merely the absence of infirmity. There are however factors that determine the well-being of a person, which we refer to as the determinants of health. There are four major determinants of health including:

- Human biology
- Environment
- Lifestyle
- Health care services

Health care: Health care is the prevention, treatment, and management of illness, and the prevention of mental and physical well –being through the service offered by the medical, nursing and allied health professions.

Lifestyle: Lifestyle is the way a person lives. Lifestyle is a characteristic bundle of behaviour that makes sense to both others and one's self in a given time and place, including social relationship, consumption entertainment and dress. The behaviour and practice within lifestyle are mixtures of habits, conventional ways of doing things, and reasoned actions. A lifestyle typically reflects an individual's attitude and values.

Heredity: Heredity is the passing of traits to offsprings. This is the process by which an offspring acquire or become predisposed to the characteristics of its parent cell or organism. Through heredity variations exhibited by an individual can accumulate and cause species to evolve.

Environment: Environment is all of the external factors affecting human well-being, Human and their environment constantly interact, and both are changed by the interaction. A healthy environment determines the following of an individual.

- Dressing
- Behaviour

- Social life
- Shelter

Characteristics of Healthy Person

- Freedom from diseases
- Normal system and body function
- The health of the mind and emotions
- Freedom from correctable physical defects

ASSESSMENT

1. Define Health
2. List the four major determinants of health
3. List three characteristics of a healthy person

ANSWER

1. Health is a complete state of physical, mental and social well-being and not merely the absence of infirmity.
2. Four major determinants of health are (i) Lifestyle (ii) Environment (iii) Health care (iv) Heredity
3. (i) Freedom from diseases (ii) Normal system and body function (iii) The health of the mind and emotions

Week 7 – 9

Topic: MEANING OF SEWAGE AND REFUSE

Sewage

Sewage is human waste, water, and even rainwater which collects via a sewer and then gets transported through pipes underground to sewage plants. Sewage simply means liquid waste coming from domestic, industrial, and commercial effluents. Sewage is the mixture of a waste from the human body and used water that is carried out of houses by sewers. Sewage just simply refers to liquid and metabolic waste. Sewage is a type of waste water that is produced by a community of people. It is characterized by the volume or rate of flow, physical condition, chemical and toxic constituents, and its bacteriologic status (which organisms it contains and in what quantities). It consists mostly of grey water (from sinks, tubs, showers, dishwashers, and clothes washers), black water (the water used to flush toilets, combined with the human waste that it flushes away); soaps and detergents; and toilet paper (less so in regions where bidets are widely used instead of paper).

Refuse

Refuse can also be regarded as solid waste. Solid waste is unwanted, discarded non-liquid materials emanating from various activities of humans. Refuse includes garbage and rubbish. Garbage is mostly decomposable food waste; rubbish is mostly dry material such as glass, paper, cloth, or wood. Garbage burns easily and decomposes very fast.

Methods of Sewage Disposal

1. Water system

2. Open dump

3. Latrine

-Bucket latrine

-Trench Latrine

-Pit- hole latrine

-Bole-hole Latrine

-Ventilated improved pit Latrine

-Ventilated improved double pit latrine

Methods of Refuse Disposal

- Open burning.
- Dumping into the sea.
- Sanitary Landfills.
- Incineration.
- Composting.
- Plugging in fields.
- Hog feeding.
- Grinding and discharging into sewers

ASSESSMENT

1. Define refuse
2. What is sewage
3. List 3 methods of refuse disposal
4. List 2 methods of sewage disposal

ANSWER

1. Refuse can also be regarded as solid waste. Solid waste is unwanted, discarded non-liquid materials emanating from various activities of humans.
2. Sewage is human waste, water, and even rainwater which collects via a sewer and then gets transported through pipes underground to sewage plants.
3. 3 methods of refuse disposal: (i) Open burning. (ii) Dumping into the sea. (iii) Sanitary Landfills.
4. 2 methods of sewage disposal: (i) Water system (ii) Open dump (iii) Latrine

Week 10

Topic: Sources of Water Supply

There are basically two main sources of water supply available to man, which are;

1. Surface water supply
2. Ground water supply

Surface water supply

Surface water is abundant and very easy to get. However, they can be easily polluted by human, transport, industrial, agricultural and domestic waste.

Sources of surface water supply

-Rainwater: Rainwater comes from rainfall, and is collected often from roofs, which are mostly stored in tanks, pots etc

-River water; when we talk about river water, we are talking about run-off water during rain and natural springs.

-Lakes, ponds and streams; The sources of this source of water are very low, and they mostly found in rural areas and villages. One of the disadvantages of this source of water is that it very prone to communicable diseases because of the crude source.

Ground water supply

Ground water supply is mostly found in towns and cities. Ground water supply, unlike surface water supply, is less prone to pollution because it is highly mineralized.

Sources of ground water supply

–Well: There are two types of well namely;

-Deep

-Shallow well

ASSESSMENT

1. There are basically two main sources of water supply available to man, list them

2. Name the two types of Well

ANSWER

1. (i) Surface Water (ii) Ground Water
2. (i) Deep well (ii) Shallow well

JSS 1

PHYSICAL HEALTH EDUCATION

SECOND TERM

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Week 1 & 2

TOPIC : Contact Sport

Contact sport refers to any sporting activity that requires body contact between the participants. In contact sport, participants come in contact with one another and also with their sporting equipment. One of the disadvantages of contact sport is that the participants are prone to injuries as a result of contact with one another.

Examples of Contact sport

- Boxing
- Hockey
- Football
- Sprinting
- Swimming
- Darts
- Snooker
- Ice and Field Hockey
- Soccer
- Wrestling
- Basketball
- Diving
- Lacrosse
- Rodeo
- Ski jumping
- Water polo
- Team handball

Limited Contact Sports

1. Baseball
2. Cheerleading
3. Diving
4. Floor hockey
5. Softball,
6. Gymnastics
7. Field events (High jump, Pole vault)
8. Skiing (Nordic or Alpine skiing)
9. Volleyball

ASSESSMENT

1. Define Contact sport?
2. List 10 examples of contact sport?

Week 3

Topic: Non-contact Sport

Non-contact sport refers to any sporting activity in which the participants do not have contact with one another be it bodily contact or contact with sporting equipment. One of the advantages of this is that the participants are less prone to injuries unlike the contact sport.

Example of non-contact sport

- Volley ball
- Cricket
- Rowing
- Shooting
- impart view

Types: Non-Contact and Strenuous Sports

1. Running
2. Rowing
3. Sailing
4. Swimming
5. Tennis,
6. Weight lifting
7. Field events (Shot put, Discus, Javelin)

Non-Contact and Moderately Strenuous sports

1. Curling
2. Badminton

3. Table tennis

Non-Contact and Non-Strenuous sports

1. Golf

ASSESSMENT

1. Define non-contact sport?
2. List 5 examples of non-contact sport?

Week 4

Topic: Benefit of Contact and Non-contact Sport

Introduction

Contact and non-contact sports are very important and they have various impacts on participants both physically and mentally. The following are the importance of contact and non-contact sport;

1. Increase in physical health, coordination, cardio-vascular conditioning, strength and endurance.
2. Improves self-image.
3. Decrease the risk of obesity
4. Helps in performance.
5. It teaches in team sport how participants can interact with one another and learn.
6. Increase in physical and mental strength.
7. Makes you smart.
8. Create a positive competitive spirit.

ASSESSMENT

1. List 5 benefits of non-contact sport?

Week 5

Topic: BASIC SKILLS AND MOVES IN CONTACT AND NON-CONTACT SPORT

A skill is a movement in with a purpose, a technique is a way of performing a skill, and one have to be agile in performing these skills. Basic skills and techniques include the following:

1. Catching
2. Agility
3. Coordination
4. Dynamic balance
5. Hopping
6. Jumping
7. Kicking
8. Rhythm
9. Running
10. Static balance
11. Kicking
12. Throwing

ASSESSMENT

List 5 basic skills in contact and non-contact sport?

Week 6

Topic: Diseases Caused by Pathogens and their Prevention

Disease

Disease means illness and disorder of the body and mind. The agents causing diseases are called pathogens .The study and science of disease is called pathology. Diseases can be defined as the absence of normal health due to infection, nutritional deficiency and imbalance, hereditary and functional disorders as well as injuries. Diseases can also be described as any disturbance in the normal life or body function of an organism which may affect a particular organ or the whole body and sometimes leads to reduced growth, production or premature death.

Pathogens or disease causing agents

1. Viruses
2. Rickettsia
3. Bacteria
4. Spirochetes
5. Fungi
6. Protozoa
7. Worms

- **Viruses;** Viruses are smallest particles of living things ever found. They can only be seen by the highest powerful microscope.
- **Rickettslae;** They are slightly highly than viruses and are cylindrical in shape.
- **Bacteria;** Bacteria are of three shapes. Those spherical shaped are called **micrococci,** those rod shaped are called Bacilli, and those spiral shaped are called
- **Spirochetes; Spirochets are spiral shaped form of bacteria**, larger than the coccus and bacillus.

- **Fungi; Fungi** grow on damp spots of the body e.g. between the toes, armpit, in the groin etc.
- **Protozoa;** Protozoa are the highest form of microbes and difficult to deal with by the body defense system.
- **Worms**; Worms are parasite which affect the alimentary canal and tissues of human beings and animals.

DISEASES CAUSED BY PATHOGENS AND THEIR PREVENTION

There are various diseases caused by pathogens example:

- Food poisoning
- Stomach ache
- Whooping cough
- Flu
- Tuberculosis
- Yellow fever
- Cholera
- Typhoid fever
- Malaria fever
- Ring worm
- Scabies
- Dysentery
- Measles
- Sleeping sickness
- Cold
- Gonorrhea
- Syphilis

- Warts
- Tinia
- I.D.S

PREVENTION OF DISEASES

- Adequate nutrition and exercise
- Clean environment
- Use of safe water
- Proper disposal of refuse and sewage
- Seeking and getting treatment on time
- Good hygiene
- Immunization
- Good ventilation
- Health education and vaccination
- Washing your hands after using the toilet
- Cook your food well before eating them e.g. pork and beef
- Fresh fruits that are not cooked must be thoroughly washed with clean water
- Avoid moving near infected persons
- Always boil your water where treated water are not available
- Cut your finger nails
- Avoid sharing personal effects with people e.g. cups, spoons, etc
- Destroy all vectors
- Always eat adequate diet
- Fumigate your environment regularly
- Regular medical checkup is very important.

Assessment

1. How can diseases be prevented? Mention 5 ways
2. Mention 5 diseases that can be caused by pathogens.

Week 7 & 8

Topic: FOOD, NUTRITION AND HEALTH

FOOD

Food is anything that living things take in, be it plants, animals or humans that makes them grow and nourishes the body. Food is also a substance which when taken into the body yields materials which can produce energy, yield substance of growth and can repair our body tissues. It should be valuable in the regulation of our body functions and it should not be harmful to the body.

Food plays a very important role in maintaining proper health and also help in prevention and cure of diseases. When we eat well we become strong and healthy. Good nutrition equates good health. The following are the importance of food to man:

- Food eliminates hunger
- Provides energy for various physical activities
- For healthy living

WHAT IS NUTRITION?

Nutrition is the process by which the body takes in and utilizes food. It is the intake of food and how the body uses it, this includes digestion, dieting and metabolism. In other words nutrition is the science of food.

Nutrients are chemical substances in the food we eat. **Nutrients** are the nutritional components in foods that an organism utilizes to survive and grow. Nutrient is defined as “a substance obtained from food used in the body to promote growth, maintenance, and repair of body tissues”, or simply as “a substance that provides nourishment”.

CLASSES OF FOOD

- Carbohydrates
- Proteins

- Fat and oil
- Mineral salt
- Vitamins
- Water

FOOD CLASSIFICATION AND FUNCTIONS

This substance may be grouped according to their functions in the body as follows:

Energy giving foods; Energy giving foods are combined with oxygen in the cell during respiration releases energy. Examples of energy giving foods are carbohydrates, fats and oil.

Body building food; Body building food builds up protoplasm and thus enhances the growth of cell materials in the placement of worn out tissues.

Protective foods; protective food or their products protects the body from diseases and also participate in the metabolism process of the body there ensuring the proper function of the body system e.g. vitamins and mineral salt.

ORGANIC AND INORGANIC FOOD

Organic food; Organic foods are foods that are obtained from living organisms and they contain carbon.eg proteins, carbohydrates, fats and oil.

Inorganic foods; Inorganic foods are foods that are obtained from non-living things and contain no carbon e.g. mineral salt and water.

Examples of food we eat

- Vegetables
- Legumes
- Grains
- Tubers
- Cereals

- Fruits
- Water
- Pasta etc.

ASSESSMENT

1. What is Nutrition?
2. Differentiate between organic and inorganic food?

Week 9

Topic: BASIC SKILLS AND MOVES IN CONTACT AND NON-CONTACT SPORT

A **skill** is a movement in with a purpose, a technique is a way of performing a skill, and one have to be agile in performing these skills. Basic skills and techniques include the following:

1. Catching
2. Agility
3. Coordination
4. Dynamic balance
5. Hopping
6. Jumping
7. Kicking
8. Rhythm
9. Running
10. Static balance
11. Kicking
12. Throwing

ASSESSMENT

List 5 basic skills in contact and non-contact sport?

WEEK 10

Topic: IMPORTANCE OF FOOD NUTRIENTS

Food give us energy and nutrients to grow and develop, to be healthy and active, to move, walk, play think and learn We have five food nutrients basically which we are going to talk about below;

Protein; Protein is needed to build the body repair and maintain muscle, blood, skin bones and other tissues and organs in the body. Examples of protein giving foods are fish, meat, egg, dairy etc.

Carbohydrates; Carbohydrate provides the body with energy. Examples of carbohydrate giving foods are millet, rice, maize etc.

Fat; is the body's secondary source of energy. Fat provides more energy/calories per gram than any other nutrients, but it is more difficult to burn. Examples of fat giving foods are butter, milk, cheese, and some meat.

Vitamins and minerals; Vitamins and mineral are needed in very small amount .These nutrients are often called micro-nutrients because of the size required .They control many functions in the body .Minerals build body tissues such as bones(calcium) and blood(blood)iron.

Fiber and **water** are also essential for a healthy diet.

Here are some other importance foods according to types;

1. Importance of Grains, Seeds and Nuts in our food:

- They all are at utmost importance of all other food which is essential for growth of human. Seeds, nuts and grains are examples of some essential unsaturated fatty acids necessary for health.
- Millet, wheat, oats, barley, brown rice, beans and peas are all highly valuable in building health.
- Wheat, mug beans, alfalfa seeds and soya beans make excellent sprouts.
- Examples of protein rich diet – sunflower seeds, pumpkin seeds, almonds, peanuts and soya beans.

They are all excellent sources of lecithin, vitamin B and vitamin c and rich source of minerals.

2. Importance of vegetables in our food:

Vegetables are also important as they are excellent source of vitamins, enzymes and minerals if they are consumed in their natural raw state.

3. Importance of fruits in our food:

Fruits are also excellent source of minerals , vitamins and enzymes like vegetables , the best thing about fruit is that they are very digestive, other importance of fruits are :

– Fruits are highly alkaline in nature i.e. they contains low percentage of protein and fats and a high percentage of water.

– Fruits itself is a complete food.

These three types of nutrients should be supplemented by some other types of special food as milk, honey and vegetables oil etc .

ASSESSMENT

1. **Fiber** and **water** are also essential for a healthy diet. True or false?

WEEK 11

Topic: Functions of Food Nutrients

Introduction

Most of the nutrients serve more than one function, and all are essential and available from foods of the major food groups. We can list their functions under the following categories:

Nutrients That Build and Maintain Body Cells:

- Proteins
- Mineral elements
- Water
- Fats
- Carbohydrates

Nutrients That Regulate Body Functions

- Water
- Vitamins
- Mineral Elements
- Carbohydrates, including fiber

Nutrients That Provide Energy

- Fats
- Carbohydrates (starches and sugars)
- Proteins

Food nutrient	Functions	Sources	Deficiency
1. Carbohydrate	Provides the body with heat & energy for work	Yam, rice, maize	Lack of energy tiredness.
2. Fats & oils	Same as above	Butter, magazine, palm oil	Skin may become rough
3. Proteins	For growth For building new tissues. For repair of damaged, worn out tissues	Meat , fish, egg, beans, soya beans	Poor growth & development generally weakens, kwashiorkor
4. Mineral	For growth e.g bones, teeth-; for building new tissues; for repair of damage	milk, egg, meat milk	Poor functioning of the body e.g weak, bones and teeth, headaches
5. Vitamins	Protect the body from diseases. Important for vitality	Fruits, vegetables, egg yolk, cold liver oil	Loss of immunity, weakness and loss of appetite
6. Water	Helps digestion; important for body tissues and fluids	Fruits, vegetables, drinking water, beverages	Normal digestion and other bodily functions may be affected

Protein

- Protein is mainly used for growth and body repair.
- When there is an insufficient intake of energy, protein would be broken down and used as body fuel, which may lead to protein-energy malnutrition.
- One gram of protein provides 4 kcal.

Carbohydrate

- Carbohydrate is the major energy source in an average diet, which is also the preferred fuel.
- One gram of carbohydrate provides 4 kcal.
- When adequate carbohydrate is provided in the diet, protein would be spared for growth and repair.
- Carbohydrate can be divided into three main types: monosaccharides, disaccharides and complex carbohydrate (starches and dietary fibres)

Fats and Oil

- Fat is technically known as triglycerides, which is a class of lipids
- Fat is a concentrated energy source, which provides 9 kcal for each gram of fat.
- Fat carries fat-soluble vitamins, i.e. vitamin A, D, E and K.
- Fat prevents heat loss in extreme temperatures and protects organs against shock.
- Fat can be divided into saturated fat and unsaturated fat depending on their chemical structures.
- Unsaturated fat can be further divided to mono- and poly-unsaturated fats.
- Excess fat intake has been linked to major health problems, including an increased risk of heart disease, obesity, hypertension, diabetes and certain types of cancers.

Vitamins

- Vitamins are micronutrients, meaning the body needs them in small quantities.
- Vitamins are organic compounds produced by living beings, while minerals are inorganic elements that originate in the earth.
- Vitamins and minerals support the body's biochemical processes.
- Each of the vitamins and minerals has a distinct function, including regulating metabolism, guarding the cells from oxidative stress and synthesizing hormones.

Water

- Water is vital for the normal functioning of all your body's systems.
- It helps cleanse your body of wastes and toxins, carries essential nutrients to your cells, lubricates your joints and helps maintain your body temperature.
- If your urine output is about 6 cups per day, your urine is slightly yellowish or clear and you don't often feel thirsty, your water intake is likely adequate.

Calories

The number of calories you consume each day is the most important factor in determining whether you put on or lose weight – even more important than the composition (fats vs. carbohydrates vs. protein) of those calories. Your body will begin burning muscle tissue – taking amino acids from the bloodstream and muscle for energy – if you enter a catabolic state. Consuming adequate calories and protein while working out regularly will ensure an anti-catabolic (anabolic) state – the preferred environment for muscle growth.

Carbohydrates

As an athlete, carbohydrates are the major nutrients that give you energy. Everything you do in life requires a certain amount of carbohydrates, sleeping, studying, breathing, and training. Athletes who truly desire to become the top dog will stop at nothing to get the most out of the foods they consume and thus make wise choices as to what type of carbohydrates they eat.

All carbohydrates are not created equal. Carbohydrate is merely the scientific name for sugar. Sugar is not just the crystalline white stuff you put in your tea or coffee in the morning. A piece of fruit, an apple, is sugar, too. The sugar you buy at the grocery store, table sugar, is a simple form of sugar, and an apple is a complex form of sugar. White crystalline table sugar is a small chain made up of two molecules (a simple carbohydrate). Because it has only two chemical links to break, table sugar is broken down and absorbed rapidly. The apple, however, is a bit more complicated – it's composed of more chemical links – and therefore your body takes longer to break it down. Sugars with more links in their chain are called complex carbohydrates.

Forego simple carbohydrates in favor of complex carbs; in fact, nutritionists recommend you get five times more complex carbs in your diet than simple carbs, even though most Americans consume nearly equal amounts.

Eat a candy bar and you'll experience a "sugar rush", only to feel sluggish 30-45 minutes later. Eat an apple or a sweet potato and you'll feel evenly energized for hours. The difference in these snacks is the candy bar contains refined processed simple sugars and the apple and sweet potato contain natural unprocessed carbohydrates. When simple sugars enter your blood stream they enter rapidly and in great numbers, they are already similar to glucose – the form of carbohydrate used for energy. Your pancreas releases insulin and quickly absorbs the sugar into storage; so quickly that there is less carbohydrates available than before you ate the candy bar. This is called a sugar crash or insulin reaction. Complex carbohydrates are slowly converted to glucose and are therefore absorbed slowly, allowing a more constant supply of energy to be used.

However, carbohydrates aren't "free foods", as many believe. It's true that carbohydrates contain fewer calories than fat, but they can easily be stored as fat if they're over consumed.

Proteins

Proteins received their name from the Greek and mean "to take first place." As nutrients, they actively build living nitrogenous tissue, they are the building blocks for all human tissue; if you do not eat them, you do not recover and rebuild after tough workouts. However this does not mean the more you eat the more you rebuild/grow. Balance is the key to proper sports nutrition. Your body can only assimilate and absorb between 30-40 grams of quality protein per meal. If you consume more protein, or any macronutrient, than your body can use, it will place unnecessary strain on your digestive system as well as end up being stored as excess energy/fat. For protein to work properly it must be complete, all the essential amino acids must be present.

Consuming more protein than your body can utilize can result in an increase in fat storage. Your liver virtually converts the excess protein into fat. Over-consumption of protein for a prolonged period of time can also increase the formation of a highly toxic ammonia called urea. Since the urea in your body must be excreted, an overabundance of urea places a strain on your liver and kidneys and is oftentimes responsible for a form of arthritis known as gout.

Fats

Fats should make up a very small percentage of your whole diet, 15 percent or less. But nevertheless fats are needed, and you should not eat a fat-free diet, rather eat a low fat diet. Avoid saturated fats like they were cancer (because these are the fats

that are attributed to causing cancer and cardiovascular disease). The best fats are plant based uncooked oils (olive, canola, safflower and flaxseed).

ASSESSMENT

1. Nutrients That Regulate Body Functions are?

JSS 1

PHYSICAL HEALTH EDUCATION

THIRD TERM

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Week 1

TOPIC : RECREATION, LEISURE AND DANCE ACTIVITY

What is Recreation?

Recreation can be defined as participation in sporting activities during our leisure time through which one may better develop physically, mentally and emotionally and socially. It is a voluntary effort in which we don't expect monetary gain. It is done for enjoyment at ones free time after the day work. Recreation is for fun, enjoyment, mental and physical benefits. Recreation is voluntary participation in leisure activities that are meaningful and enjoyable to the person involved.

What is Leisure?

Dictionary Definition: The condition of having one's time free from the demands of work or duty. Macquarie Dictionary

- Freedom or spare time provided by the cessation of activities;
- Free time as a result of temporary exemption from work or duties;
- A time at one's own command that is free of engagements or responsibilities;
- A period of unemployed time;
- Opportunity provided by free time

Webster's Third New International Dictionary Free time that can be used for rest, recreation e. t. c

What is Dance?

Dance is a recreational activity mostly done at leisure, aside for people who decide to take it as a profession. Dance involves the movements of body parts e. g arms, legs, thighs etc in a quick and lively manner. It could be an up and down movement or a side by side movement. Dance however involves the movement of the body which is a means to achieve physical fitness through the five fundamental movements of walking, running, jumping, leaping and hopping .There are different dance steps to different beats, songs and sounds .Since the beginning of time people have danced to celebrate important events in their lives. Dance is an expressive movement of

turning, twisting and rolling of the body (parts) to con form with the rhythm of a sound,beat or music .It is a way of expressing our inner feeling of joy and happiness.

Differences between Leisure, Dance and Recreation

Leisure is the spare or rest time in the daily life of a person when he is not occupied by work, studies, sleep etc.

- Recreation is indulging in thrilling and exciting activities, to derive some pleasure and have fun in one's leisure time.
- While some people just take rest, sleep, watch TV, or play video games on computer in their leisure time, there are many who like to go out for recreation and indulge in activities like cycling, hiking, sailing, surfing, swimming, fishing, etc to have some fun.

Recreation is doing activities that recharge and freshens up in one's leisure time.

Dance on the other hand is a physical activity that is done with the parts of the body. The difference between recreation, leisure and dance, is that dancing apart from it being physical it is also a mental activity that is done during leisure, and the leisure is referred to as the time that one sets out to relax himself after work. Dance is specific in relation to leisure and recreation, because those ones refer to general time and also general activities done for the purpose for enjoyment and fun, and dance refer to the particular form of body movement done during leisure and for recreation.

Benefits of Recreation and Dance

- Refreshment of both body and mind
- Create room for fun and enjoyment
- Carry over values of skills learnt during physical and health education exercise.
- Promotion of mental alertness, social and emotional stability
- It helps one relax
- Take one mind of daily strains and demands
- Helps eliminate stress
- helps revitalize a person
- Gives a sense of fulfillment

- Increases blood circulation
- Helps to burn calories
- Manage weight

The activities altogether helps one keep fit and consequently one will not be prone to lifestyle related diseases

Assessment

1. ..... can be defined as participation in sporting activities during our leisure time through which one may better develop physically, mentally and emotionally and socially
   a. Leisure
   b. Recreation
   c. Dance
   d. None of the above

2. One of the following is not a benefit of recreation and dance
   a. It stresses you
   b. Helps revitalize a person
   c. Manages weight
   d. Helps to burn calories

3. ..... is a physical activity that is done with the parts of the body
   a. Leisure
   b. Recreation
   c. Dance
   d. None of the above

4. ..... is the spare or rest time in the daily life of a person when he is not occupied by work, studies, sleep
   a. Leisure
   b. Recreation
   c. Dance
   d. None of the above

Answers

1. B
2. A

3. C
4. A

Week 2

Topic : Importance of Food

Introduction

Food plays a very important role in maintaining proper health and also help in prevention and cure of diseases. When we eat well we become strong and healthy. Good nutrition equates good health. The following are the importance of food to man;

- Food eliminates hunger
- Provides energy for various physical activities
- For healthy living

Food is an essential part of everyone's lives. It gives us the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn. The body needs a variety of the following 5 nutrients – protein, carbohydrate, fat, vitamins and minerals – from the food we eat to stay healthy and productive.
Protein – is needed to build, maintain and repair muscle, blood, skin and bones and other tissues and organs in the body. Foods rich in protein include meat, eggs, dairy and fish.
Carbohydrate – provides the body with its main source of energy. Carbohydrates can be classified into two kinds; starches and sugars. Food rich in starches include rice, maize, wheat and potatoes and food rich in sugars include fruit, honey, sweets and chocolate bars.
Fat – This is the body's secondary source of energy. Fat actually provides more energy/calories per gram than any other nutrient, but is more difficult to burn. Food rich in fats are oils, butter, lard, milk, cheese and some meat. Vitamins and Minerals – Vitamins and minerals are needed in very small amounts and are sometimes called micronutrients, but are essential for good health. They control many functions and processes in the body, and in the case of minerals also help build body tissue such as bones (calcium) and blood (iron).

Here are some other importance foods according to types;

Importance of Grains, Seeds and Nuts in our food:

- They all are at utmost importance of all other food which is essential for growth of human. Seeds, nuts and grains are examples of some essential unsaturated fatty acids necessary for health.
- Millet, wheat, oats, barley, brown rice, beans and peas are all highly valuable in building health.
- Wheat, mug beans, alfalfa seeds and soya beans make excellent sprouts.
- Examples of protein rich diet – sunflower seeds, pumpkin seeds, almonds, peanuts and soya beans.

They are all excellent sources of lecithin, vitamin B and vitamin c and rich source of minerals.

Importance of vegetables in our food:

Vegetables are also important as they are excellent source of vitamins, enzymes and minerals if they are consumed in their natural raw state.

Importance of fruits in our food:

Fruits are also excellent source of minerals , vitamins and enzymes like vegetables , the best thing about fruit is that they are very digestive, other importance of fruits are :

– Fruits are highly alkaline in nature i.e. they contains low percentage of protein and fats and a high percentage of water.

– Fruits itself is a complete food.

These three types of nutrients should be supplemented by some other types of special food as milk , honey and vegetables oil etc .

Assessment

1. List 3 Importance of Food
2. Mention the function of the following food nutrients – Protein, Carbohydrates and Water

Answers

1. Food eliminates hunger
   Provides energy for various physical activities

For healthy living
Food gives us energy

2. Protein – Build, maintain and repair body tissues
   Carbohydrates – Gives energy to the body
   Water – Aids digestion

Week 3

Topic : Athletics (Track and Field Event) – Discus and Shot put

What is Athletics?

Athletics is a competitive sports which started during the time of the early men when they were forced to run, jump**,** climb trees and mountains, throw sticks and stones, swim, dance and wrestle in order to obtain their food and protect their life which was constantly in danger by enemy forces.

Scope of athletics

Athletics can be grouped into two headings;

Track events

Field events

Rules governing the game of shot put

Uniform

Shot put participants are required to wear a clean school or team uniform unless they are participating in an amateur competition that does not specify uniform requirements. No visible jewelry is allowed in most cases, though exceptions may be made for religious jewelry provided it is taped to the body to prevent movement. Gloves cannot be worn, and the hands cannot be taped or bandaged unless there is a cut or other wound that needs to be covered. Supporting the wrists with tape is allowed.

Preparation

Once the competition has begun, participants can no longer take practice throws or engage in other warm-up activities. An exception to this is made if the participant's coach or other official is present to actively monitor the warm up, though practice throws are still prohibited once competitors actively begin throwing shots.

The Shot

Shots may vary in size, weight and material as long as minimum requirements for their construction are met. The shot must be smooth and round, solid and made of metal

no softer than brass. The shot can be a solid metal ball or can have a shell of iron, brass or other acceptable materials filled with lead or other heavier metals. Shots are available in 6-, 12- and 16-pound varieties, as well as 2-, 3-, 4-, 5- and 6-kilogram varieties. Shots must conform to minimum and maximum diameters based on their weight to be allowed for use in official USA Track and Field competitions.

Playing Area

When throwing a shot, competitors stand inside of a circle 7 feet in diameter. A sector extending from the circle is used to determine valid throws; the two radius lines of the sector originate from the center of the circle and are measured at 34.92 degrees apart. A curved white stop board is placed within the circle between the sector lines, serving as an indicator of the valid throwing sector and as a warning of where the thrower cannot cross.

Putting the Shot

The act of throwing a shot is known as a put and must be performed in a certain way to be valid. The elbow must bend to draw the shot back, holding it near or touching the neck and chin but not farther back than the shoulder. The put itself is performed by extending the arm straight to launch the shot into the air; throws that bring the shot back or give it an overhand or underhand circular momentum will be disqualified. The put must be performed within 60 seconds of being called to enter the circle. The thrower cannot leave the circle until the shot has landed and the judge has called for it to be marked.

Measurement

Measurement is made with a measuring tape from the inside edge of the stop board to the closest side of the shot once it has landed. If the shot lands on one of the sector lines, a foul is called and no measurement is made. If the shot lands outside the sector lines, it is out of bounds and no measurement is made. Measurements are to the nearest 1/4 inch or nearest 1/4 centimeter, though individual competitions may alter this as needed.

Rules governing discus

Here are some of the important rules regarding discus −

- The discus can be made of any material such as wood but it must have a circular edge with a metallic rim.
- Inner construction can be both solid and hollow.

- The cross section of the edge should be made in circular manner and it should have a radius of 6mm.
- All sides of the discus should be identical. They must be free from any type of sharp edges or irregularities.
- Finishing of the discus should be smooth.

Rules Regarding Cage

Here are some important rules regarding cage −

- The construction and the strength of the cage should be such that it can arrest a disc of around 2Kg coming at a speed of 25m/sec.
- There should be no threat of rebounding of the disc from the cage.
- The cage should have at least one side open. Therefore it is often recommended to construct it in a “U” shape.
- At the lowest pint the height of the netting point should be 4m.
- Synthetic and natural fiber is the idle material for the construction of the net. However, high tensile strength steel wire can also be used.

Rules Regarding Throw

Here are some important rules regarding throw −

- The discus can only be thrown by an athlete when he or she will stand inside a circle which has a diameter of 2.5m.
- During the course of throw, the athletes are prohibited from touching the top of the rim. However, they can touch the inner part of the rim.
- An athlete cannot touch the ground beyond the circle.
- If the athlete leaves the circle before the landing of the disc on the ground, then it will be considered as a foul throw.
- In the Olympic matches, each athlete is given 8 chances to showcase their talents.
- There is particular boundary of landing of the disc. If the disc lands outside that zone then that throw is considered invalid.

Drawing and labeling of Shot put sector

Assessment

Mention 4 rules governing discuss

Week 4

TOPIC : BASIC SKILLS AND TECHNIQUES

BASIC SKILLS AND TECHNIQUES IN THE FOLLOWING EVENTS:

- Shot put.
- Discus

Basic skills and technique in discus

- The hold/grip
- The stance
- The wind up/rotation
- The throwing
- The release

Holding the shot

- The shot is held at the base of the fingers not the palm
- The fingers are slightly spread apart with the thumb for support.
- The hand will be bent back in the cocked position when holding the shot. It looks like you are caring a pizza.

Put your non-throwing hand beneath the discus for support. Your throwing hand (including the thu top of the discus with your fingers evenly spread. The top knuckle of your four fingers (not the thur touch the rim, with your fingertips over the sides. Alternatively, you can place your index and middle together while evenly spacing the remaining fingers.

The stance

Face away from your target. Stand in the back of the ring with your feet wider than shoulder-width your knees and waist slightly bent.

The wind up/the rotation

Face away from your target. Stand in the back of the ring with your feet wider than shoulder-width your knees and waist slightly bent.

Starting the throw/the throw

Rotate your torso clockwise, bringing the discus as far back as you can, holding it in your throwing
(if the target is at 12 o'clock, you should end up facing 9 or 10 o'clock). Your non-throwing arm sho
pointed in the opposite direction as your throwing arm. Keep your throwing hand as far from your b
possible throughout the throw. Your weight is on your right foot. Your left heel is off the ground.

The release

Continue shifting your weight forward as you pivot your hips. Bring your arm up at approximately a
angle to release the discus. The discus should leave your hand smoothly off the index finger with y
about shoulder height. Follow through, rotating to your left to remain in the ring and avoid fouling.

Basic skills and techniques in shot put

The hold

-The shot is held by the finger and not on the palm

The stance

The stance depends on the method of the glide

The glide

This is the movement towards the stop board.

The release(putting)

The shot is released from under the ear, above the shoulder to form an arc before landing.

Safety measures in shot put throws

1. Inspect the surface of the ring for any protrusions or indentations. These can cause the athl
their balance and potentially fall, causing injury
2. Make sure that the ring is swept and free of any grass, dirt or other material that may affect t
of the competitors' shoes
3. Make sure that the yellow area is flagged off or otherwise partitioned so that non-competito
wander into it
4. Make sure that the landing area will not create unusual bounces or ricochets.
    - see the note on divots below

- don’t allow anything foreign in the sector that may cause a bounce (i.e. markers)
- large stones can be a problem as well, especially with the smaller shots (4K and under

5. Divots should be filled in so that officials or workers will not twist an ankle, or trip and fall

Safety precautions in discus throws

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Only shots designed for indoor use can be used in the gym.

Shot must be of appropriate size and weight for age and gender of the athlete.

Softballs, bean bag, knotted towels are an appropriate substitutes for practice purposes.

Towel/rag to dry shot.

The benefits of taking part in discus and shot put throws

Discus and shot put are heavy throws and thus requires a lot of energy an**d** weight. Throwing of sho
discus do have advantages which will be listed below;

- It develops quickness in participants.
- It is a weight training exercise and thus builds dynamic power in the legs.
- It builds the strength you need
- it helps in coordination of movements.
- Improves balance.
- helps your performance in other track and field events

The general importance of partaking in any sporting activity or exercise is also applicable in weight
exercises like shot put and discus throws.

Assessment

1. Mention 5 safety measures in Shot put
2. List 3 benefits of taking part in discus and shot put throws

Week 5

TOPIC : Execution of Basic Skills in Discus and Shot put

The students should be taught and they should practice the basic skills and techniques below;

Basic skills and technique in discus

- The hold/grip
- The stance
- The wind up/rotation
- The throwing
- The release

Holding the shot

- The shot is held at the base of the fingers not the palm
- The fingers are slightly spread apart with the thumb for support.
- The hand will be bent back in the cocked position when holding the shot. It looks like you are caring a pizza.

Put your non-throwing hand beneath the discus for support. Your throwing hand (including the thu on top of the discus with your fingers evenly spread. The top knuckle of your four fingers (not the t should touch the rim, with your fingertips over the sides. Alternatively, you can place your index and middle fingers together while evenly spacing the remaining fingers.

The stance

Face away from your target. Stand in the back of the ring with your feet wider than shoulder-width and your knees and waist slightly bent.

The wind up/the rotation

Face away from your target. Stand in the back of the ring with your feet wider than shoulder-width and your knees and waist slightly bent.

Starting the throw/the throw

Rotate your torso clockwise, bringing the discus as far back as you can, holding it in your throwing only (if the target is at 12 o'clock, you should end up facing 9 or 10 o'clock). Your non-throwing arm be pointed in the opposite direction as your throwing arm. Keep your throwing hand as far from you as possible throughout the throw. Your weight is on your right foot. Your left heel is off the ground.

The release

Continue shifting your weight forward as you pivot your hips. Bring your arm up at approximately a degree angle to release the discus. The discus should leave your hand smoothly off the index finge your hand at about shoulder height. Follow through, rotating to your left to remain in the ring and a fouling.

Basic skills and techniques in shot put

The hold – The shot is held by the finger and not on the palm

The stance – The stance depends on the method of the glide

The glide – This is the movement towards the stop board.

The release(putting) – The shot is released from under the ear, above the shoulder to form an arc landing.

ASSESSMENT

1. List FIVE basic skills and techniques in shot put

Week 6

Topic: Ball Games – Soccer

Volleyball

History of Volley ball

The Nigeria Volley ball federation was formed in 1970 with Dr. J.C. Omoruan as its first chairman. It is a game played between two teams and two players each. The Volleyball court which is rectangular in shape is divided into two by a centre line where the net poles are fixed and each team occupies a side. Volley ball as a game was invented by Williams J. Morgan at Holyoke Y.M.C.A. gymnasium in America in 1985. The intellectual volleyball association was formed in 1947. Volleyball became an Olympic game in 1964 and was first played at the Olympic Games in Tokyo Japan.

Basic skills and techniques in volleyball

The basic and techniques of volleyball includes:

-The service/serving.

-The spiking/spike.

-The blocking/block.

-The digging/dig pass

-The volleying.

-The drinking.

-The retrieving.

-The set-up.

- The service/serving; Service is the way the game is started or the act of putting the game into play No.1 player hits the ball with one hand open or closed or any part of the arm to send it over the net into the opponent's court, Service is made from anywhere from the baseline .The server must wait for the referee's signal whistle and the leg must be behind the line
- The digging or dig pass: Digging is the act of making contact with the ball using the forearm joined together by the fingers. Separated arms will result in 'double contact'. Digging is the best for the return of low balls.

- The blocking: Blocking is a defense way of obstructing a spiked ball so that it bounces back to the Spiker or touches the ground on the spiker's side .This can be done by two front players for effective coverage.
- The setting- up: The setting-up is the act of putting up the ball for a spike.

Occasions when volleying or setting up is used.

- To return a high ball.
- To pass the ball to the teammates.
- To set the ball for a spike

Officials of the Volley game and their Functions

The referee

The referee is in full control of the game and his decisions on both players and officials are final. He his located approximately 50cm above one end of the net in order to have a clear view of the game. He uses whistle and hands as signals.

The Duties of the First Referee

- He has authority over all the players /other officials at any time during the game.
- He has the power to settle all disputes including those not specified in the rules.
- He can overrule decisions of other official when he considers that they have made mistakes.
- He blows the whistle to signal for service.
- He supervises the ball over the net'
- He indicates when a point is made.
- He tosses the ball for the team to choose who serves of who ends.

Duties of the second referee

- He places himself opposite the first referee.
- He notes the position the player at the beginning and end of the play.

- He assists the first referee.
- He also uses whistles.
- He watches over the center line.
- He keeps the official time- out.
- He judges contact with the net and supervises the rotation order.
- He authorizes supervision.

The scorer's duties:

- He positions himself opposite the referee.
- He keeps the records of the players' name and number.
- He records the scores.
- He notes all the time outs.
- He supplies the referee with relevant information at all times.

The lines man

- If four are available, they are placed at the four corners of the court.
- If they are two the lines men are placed by the line diagonally opposite each other to watch and to indicate to the referee by raising their flags up above their heads ,and pointing to the front when the ball is in.

Facilities and Equipment

The facilities are:

- The court
- The net support
- The referee stand,

The equipments are:

- The ball
- The net

- The whistle
- The score board
- The score sheets
- The wears for the players

Common Injuries in Volleyball

Ankle injuries

Ankle sprains are the most common acute injuries seen in volleyball athletes, accounting for about 40% of all volleyball related injuries. They occur most commonly at the net when an opposing player lands onto another player's foot. When dealing with an ankle sprain it is important to adequately rehab the injury before returning to play, preferably under the supervision of an athletic trainer or physical therapist.

Recurrent ankle sprains are extremely common within 6 months of the initial injury, owing to inadequate rehabilitation. One study showed that balance board training to regain balance is an effective tool to help prevent recurrent ankle injuries in volleyball players.

Hand injuries

Trauma to fingers is extremely common, especially during setting and blocking. Most finger injuries in volleyball involve joint sprains, tendon tears, and dislocations. X-rays are indicated in most finger injuries in volleyball to evaluate for any fractures.

Knee injuries

The nature of volleyball requires repetitive explosive jumping, which places a lot of stress on the patellar tendon, resulting in pain in this area. At some point, approximately half of volleyball athletes develop patellar tendinitis, known to many as "jumper's knee". The most common site of pain is where the patellar tendon attaches to the lower pole of the knee cap. Treatment consists of stretching and strengthening exercises, and use of a patellar tendon strap can sometimes improve the pain. For some athletes, a period of rest from jumping activities may be necessary.

Although not as common as patellar tendinitis, anterior cruciate ligament (ACL) tears can be a more serious injury and typically occurs in volleyball during a cutting maneuver or when an athlete comes down from a jump awkwardly. Most athletes who

wish to return to high demand sports like volleyball generally opt for surgical repair to have the ligament reconstructed. Because many athletes have difficulties returning to high level sports and the potential long term complications after an ACL tear, there is a lot of emphasis placed on prevention programs.

Shoulder injuries

Volleyball players repetitively use their shoulders for overhead serving, spiking and blocking, which commonly leads to shoulder pain. Overuse of the rotator cuff muscles can lead to rotator cuff tendinitis or tears, which is more commonly seen in adults than in young athletes, although it can occur. More often, pain from shoulder instability and resulting impingement is what we typically see in our young athletes. In addition to the rotator cuff muscles, there are also ligaments that help to stabilize the shoulder joint during movement.

In volleyball, the player's arm typically goes into extreme positions and rotations for hitting. When these muscles and ligaments are overworked and unable to restrain excessive movement of the shoulder, the player may sense as if the shoulder is unstable and typically will develop pain when the rotator cuff and labrum (cartilage) gets impinged against structures inside the shoulder joint because of excessive shoulder movement. Over time, this can lead to sprains.

Lower back pain

Back pain in volleyball players is very common because of repetitive bending and rotating of the trunk. Strains of the lower back is the most common back injury although the repetitive hyperextension of the lower back during hitting and setting can also place a lot of stress on the lower back bones. This can lead to stress fractures of the vertebra in the spine, which is a very common cause of low back pain in volleyball player.

Safety measures in Volleyball

The following are the safety rules in that one should consider when playing volleyball:

- Knee Pads

Volleyball players need to wear knee pads, advises the Olympia School District in Washington. Knee pads are important because one of the top sources of volleyball injuries is from players diving for the ball, according to "Managing Risk in Sport and Recreation: The Essential Guide for Loss Prevention". Players also need to flex their knees and aim to land on body parts that have muscular padding when they dive for

balls, advises Milwaukee Public Schools. Long-sleeved jerseys help keep players safe as well.

- Playing Area

Ensure the playing surface and net are up to par. This will go a long way toward preventing injury. For example, check to ensure that the posts don't have any sharp areas, the floor is not uneven or slippery, that protective padding is placed on walls and posts, and that posts are capped.

- Avoiding Collisions

Practice makes perfect, because another top source or injury in volleyball is from players colliding. Volleyball requires players to call for the ball to avoid collisions. Also, players are advised to jump straight up as opposed to into the net when blocking or spiking the ball, and to land on both feet. Players also need to strengthen and condition the muscles they use for jumping.

- Proper Fit

Players are advised to double-check pads and shoes for proper fit before each practice or game. Regulation volleyball rules also require players to remove all metal hair fasteners, jewelry and other body adornments before practicing or playing.

- Hydration and Sun Protection

Volleyball players need to use sun protection when playing outdoors, advises. Players also need to pay careful attention to drinking fluids, whether playing indoors, on the beach or in a back yard

Assessment

1. Mention 3 duties of a referee
2. The Nigeria Volley ball federation was formed in .....
   a. 1870
   b. 1970
   c. 1971
   d. 1972
3. Mention 2 common injuries in Volley ball
4. Volleyball became an Olympic game in .....
   a. 1965

b. 1966
c. 1964
d. 1967

Answers

1. He has the power to settle all disputes including those not specified in the rules.
   He can overrule decisions of other official when he considers that they have made mistakes.
   He blows the whistle to signal for service.
   He supervises the ball over the net'
   He indicates when a point is made.

2. B

3. Ankle injuries
   Shoulder injuries
   Lower back pain

4. C

Week 7 & 8

TOPIC : PRACTICAL (PRACTICE AND PERFORMANCE OF VOLLEYBALL)

The basic technique already studied in week 6 should be put into practice.

Week 9

TOPIC : Soccer

History of Soccer

Soccer originated in Greece, where it was called *harpaston*. The Romans obtained the game from the Greeks and in turn passed it on to England. The English called it association football while the Americans called it soccer. The game was brought to Nigeria by colonial masters in the early 19 century, the British sailors that made the stopover in Nigeria played the game as recreation.

Specification of the field

The standard soccer pitch is rectangular in shape and should measure 110m long and 75m wide. The field is divided into two by a centre-line where the centre circle of 9.15m, the penalty spot is 11m to the goal line. The corner arc where the corner flag is fixed has a radius of 11m.

Dimensions

- The shape – rectangular
- The side/touch line -120m(max)
- The goal line -90(max)
- The goal area -5.5m by 18.32m
- The penalty area – 16.5m by 40.32
- The radii of circle and arches – 9.15m
- The penalty spot to the goal line -11m
- The height of the goal post -2.44m
- The radii of corner arches -1m
- The corner flag post -1.5m

Basic skills and techniques in soccer

Kicking

Kicking is the act of moving the ball with the leg from place to place either by the sides of the toes or in step.

The dribbling

Dribbling is the act of moving with the ball and avoiding the opponents in a zigzag manner, in doing this the ball is kept close to the feet.

The throw-in

Throw-in is the act of putting the ball to play after it has gone over the touch line, either on the ground or in the air ,it shall be 'throw-in' from the point where it crossed the line.

The rules governing the throw-in

- The throw-in is taken by the opponent of the player who last touch the ball before it went out of play.
- At the moment of delivering the ball, the thrower must face the field of play.
- At the moment of delivering, part of both feet must be in contact with the ground.
- The thrower must use both hands.
- The thrower must deliver the ball from behind and over his head.
- The ball is in play immediately it is thrown and passes over the touch line.
- The thrower must not play the ball until it is has been played by another player .If he does so an indirect free kick is awarded against his team at the point of the infringement.
- A goal cannot be scored directly after a throw-in.
- If the ball is not properly thrown it is awarded to the opponent.
- A player cannot be offside directly from a throw-in.
- The ball must be thrown not dropped.

The shooting

Shooting is the act of kicking the ball at the goal-post with the aim of scoring.

The goal-keeping

Goalkeeping is the act of preventing the ball from going into the goal post by using the whole body especially the hands. Only the goal is allowed to the hands during the match.

The heading

Heading is the act of playing the ball with the head. The head can be used to trap, pass and score. The strongest part of the head that is used for heading is the forehead.

Rules and regulations governing soccer

Rules and regulations governing kickoff in soccer

- Every player must remain in the own half of the field ,until his own ball is played
- The player of the opposing team must be at least 9.5m away from the ball
- The ball must be kicked into the opponents half of the field or passed forward not backwards
- The ball must make a complete revolution of its size or travel its circumference before the referees whistle.
- The card must be stationary on the centre spot before the kick-off
- A goal may be scored directly from a kick-of

The rules governing free kicks

- The ball must be stationary when it is to be taken
- All defending players must be at least 9.15m away from the ball until has been taken
- The ball is in play when it has traveled its circumference
- After taking the kick, the kicker must not play the ball the second time until it has been played by another player, if he does, an indirect free kick is awarded his team at the point of infringement.

The direct free kick

- Indirect free kick is awarded for any of the technical offences .A goal cannot be scored directly from it unless through another player.

Rules governing the goal kick

- The ball must be placed stationary on the point where the lines of the goal are met
- All players of the attacking team must remain outside the penalty area until the kick is taken
- If the ball fails to travel beyond the penalty area, the kick is taken
- A goal maybe scored directly from a goal kick
- The defending goal keeper cannot receive the ball directly from a goal kick.
- The kicker may not play a second time before it is kicked by another player.

Officials in soccer and their functions

- The referee
- Two assistant referees
- Match commissioner
- Reserve referee

Duties of the Officials

The referee

- He conducts the toss for the team to choose ends
- He makes decisions on when to continue and abandon a match
- He enforces the rules and regulations
- He rejects unsuitable match equipment
- He keeps record of the game
- He acts as the time keeper
- He cautions the player
- He uses the yellow and red cards to book players

- He takes full control of the game
- His decision is final

The assistant referees

- They assist the referee to control the game
- Each assistant referee takes charge of half of the field
- They signal with the assistant referees flags

Facilities and equipment of soccer

- The nets
- The ball
- The jersey
- The shorts
- The soccer boots
- The hand gloves
- The socks/hose
- The shin guard
- The stop watch
- The whistle
- The flags
- The referee's cards(yellow and red)

Common injuries in soccer

- The ankle sprain
- Jones fracture
- Anterior crucial ligament
- Meniscus tear
- Adductors strain

- Hams tong strain

Assessment

1. Soccer originated in .....
   a. Greece
   b. USA
   c. UK
   d. None of the above

2. List 3 injuries in Soccer

3. Mention 3 activities in Soccer

4. Mention 4 rules governing throw-in

Answers

1. A

2. The ankle sprain
   Jones fracture
   Anterior crucial ligament
   Meniscus tear
   Abductors strain

3. The nets
   The ball
   The jersey
   The shorts
   The soccer boots
   The hand gloves
   The socks/hose
   The stop watch

4. At the moment of delivering, part of both feet must be in contact with the ground.
   The thrower must use both hands.
   The thrower must deliver the ball from behind and over his head.
   The ball is in play immediately it is thrown and passes over the touch line.
   The thrower must not play the ball until it is has been played by another player.
   If he does so an indirect free kick is awarded against his team at the point of

the infringement.
A goal cannot be scored directly after a throw-in.

Week 10

TOPIC: PERFORMANCE AND PRACTICE OF SOCCER

Students are expected to practice and play at the school field.