

# PHYSICAL HEALTH EDUCATION

FOR

**Junior Secondary School**

Practice Questions and Answers

# 2



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Physical And Health Education Exam Questions and Answers Pack

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# QUESTIONS

## TOPIC: ANATOMY AND PHYSIOLOGY

**DIRECTION: Choose the correct answer from the lettered options.**

1. Which of these is part of the axial skeleton?

- A. skull
- B. pectoral girdle
- C. pelvic girdle
- D. appendages

2. Which of these is an example of a hinge joint?

- A. shoulder
- B. knuckle
- C. thumb
- D. elbow

3. Eating adequate food helps in the proper development of the \_\_\_\_\_.

- A. bones
- B. belly
- C. eyelids
- D. blood

4. Transverse plane divides the body into \_\_\_\_\_.

- A. upper and lower halves
- B. posterior and anterior
- C. left and right
- D. front and back

5. The study of the structure of the body is called \_\_\_\_\_.

- A. physiology
- B. anatomy
- C. health science
- D. biology

6. \_\_\_\_\_ may affect the development of the bones.

- A. Healthy feeding
- B. Poor nutrition
- C. Poor hygiene
- D. Dirty clothing.

7. \_\_\_\_\_ is the position or bearing of the body.

- A. Stand
- B. Positioning
- C. Posture
- D. Posterity

8. The vertical plane that runs from side to side of the human body is referred to as the \_\_\_\_\_.

- A. frontal plane
- B. median plane
- C. sagittal plane
- D. horizontal plane

9. In an erect sitting posture, the \_\_\_\_\_ are kept straight.

- A. hand, neck and toes
- B. body, neck and head

- C. legs, hands and toes
- D. head, toes and legs

10. To avoid postural defects, \_\_\_\_\_ is recommended.

- A. sitting properly
- B. jumping around
- C. standing on one foot
- D. eating plenty of fatty foods

11. \_\_\_\_\_ is the smallest unit in the body.

- A. Organ
- B. Tissue
- C. Cell
- D. System

12. Which of the following is a type of curvature of the spine?

- A. Lordosis
- B. Hunchbike
- C. Stoop nails
- D. Broad shoulders

13. The group of persons that has a well developed muscular body are called the \_\_\_\_\_.

- A. ectomorphs
- B. mesomorphs
- C. endomorphs
- D. metamorphs

14. The study of the functions of the different parts and organs of the human body is called \_\_\_\_\_.

- A. psychology
- B. physiotherapy
- C. physiology
- D. anatomy

15. Postural defect can be avoided by \_\_\_\_\_.

- A. bending while standing
- B. not carrying heavy load on one side of the body
- C. sitting uncomfortably on a spot

16. Which of the following is NOT a joint?

- A. suture
- B. saddle
- C. gliding
- D. hoof

17. Poor sitting position can cause \_\_\_\_\_.

- A. curves of the spine
- B. curves of the hands
- C. headache
- D. blood pressure

18. \_\_\_\_\_ are the group of people that have a soft and rounded body.

- A. Mesomorphs
- B. Ectomorphs
- C. Endomorphs
- D. Postures

19. People with poor vision can develop \_\_\_\_\_ defects in their attempt to see more clearly.

- A. postural
- B. brain
- C. habitual
- D. hearing

20. Which of these is a body type?

- A. Ectomorph
- B. Epimorph
- C. Exomorph
- D. None of the above

## TOPIC: ENERGY SOURCES DURING PHYSICAL ACTIVITIES

**DIRECTION: Choose the correct answer from the lettered options.**

1. Animals store carbohydrates mainly as \_\_\_\_\_.
  - A. amino acid
  - B. glycogen
  - C. fats
  - D. minerals
  
2. What causes fatigue?
  - A. Poor health
  - B. Nervousness
  - C. Excessive noise
  - D. All of the above
  
3. The ability of a muscle to be excited by stimuli is called its \_\_\_\_\_.
  - A. elasticity
  - B. contractibility
  - C. extensibility
  - D. excitability
  
4. Reduction of energy building components can cause \_\_\_\_\_.
  - A. fatigue
  - B. blurriness in the eye
  - C. cold
  - D. energy

5. Which of the following is a traditional dance?

- A. Reggae
- B. Calypso
- C. Waltz
- D. Atilogwu

6. One way of curing fatigue is through \_\_\_\_\_.

- A. drinking clean water
- B. taking food supplements
- C. sleep
- D. walking around the neighbourhood

7. Which of the following bones is NOT a part of the axial skeleton?

- A. Cranium
- B. Sternum
- C. Pectorial girdle
- D. Ribs

8. What is the full meaning of ATP?

- A. Adenosine Triphosphate
- B. Adenosine Triphosphates
- C. Adenosine Triphosphate
- D. Adenosine Trioxophosphite

9. Which type of bone makes up the bone of the skull?

- A. Long bone
- B. Short bone
- C. Flat bone
- D. Irregular bone

10. An athlete must possess the following qualities EXCEPT \_\_\_\_\_.

- A. sportsmanship
- B. punctuality
- C. physical fitness
- D. pride in victory

11. In basketball, a foul that leads to an injury of a player is known as \_\_\_\_\_ foul.

- A. intentional
- B. double
- C. disqualifying
- D. technical

12. The atilogwu dance is an \_\_\_\_\_ dance.

- A. Igbo
- B. Ijaw
- C. Ishekiri
- D. Urhobo

13. Examples of the bones of the axial skeleton include the \_\_\_\_\_.

- A. spine
- B. limbs
- C. pelvic girdle
- D. femur

14. Types of wound include all of the following EXCEPT \_\_\_\_\_.

- A. clean cut
- B. torn cut
- C. sprain
- D. stab

15. The \_\_\_\_\_ are the anatomic systems primarily involved with movement.
- A. bones and blood
  - B. skeletal and muscular system
  - C. tendons and blood
  - D. fingers and finger nails
16. Another name for anteroposterior plane is \_\_\_\_\_ plane.
- A. coronal
  - B. sagittal
  - C. mid sagittal
  - D. frontal
17. Dance movement can be used to express the following EXCEPT \_\_\_\_\_.
- A. feelings
  - B. demonstration of great deeds
  - C. presentation of stories of past and present
  - D. all of the above
18. The following are faults in handball EXCEPT \_\_\_\_\_.
- A. obstructing an opponent with hands or legs
  - B. playing outside the court
  - C. bouncing the ball once and catching it
  - D. touching the ball with any part of the leg below the knee
19. Trampoline activities include the following EXCEPT \_\_\_\_\_.
- A. straight jump
  - B. knee bounce
  - C. sit drop
  - D. vault

20. The horizontal plane divides the body into \_\_\_\_\_ and \_\_\_\_\_ parts.

- A. superior, inferior
- B. extension, flexion
- C. left, right
- D. up, down

21. Examples of home accidents include all of the following EXCEPT \_\_\_\_\_.

- A. poisoning
- B. electrocution
- C. vehicular accident
- D. cuts

22. Basketball was introduced by \_\_\_\_\_.

- A. YMCA
- B. James Naismith
- C. YWCA
- D. USA

23. Bleeding is also referred to as \_\_\_\_\_.

- A. blood flow
- B. blood cloth
- C. haemorrhage
- D. wound

24. Which of the following is a dual game?

- A. Soccer
- B. Badminton
- C. Cricket
- D. Baseball

25. The two classes of fatigues are \_\_\_\_\_ and \_\_\_\_\_ fatigue.

- A. emotional, spiritual
- B. spiritual, physical
- C. emotional, physical
- D. mental, physical

26. The following are examples of outdoor physical education EXCEPT \_\_\_\_\_.

- A. craft
- B. hiking
- C. farming
- D. gardening

27. The following are skills in hockey EXCEPT \_\_\_\_\_.

- A. bully
- B. dribbling
- C. roll in
- D. free kick

28. Carbohydrate is NOT found in \_\_\_\_\_.

- A. yams
- B. bread
- C. butter
- D. cereals

29. Values of warm-up exercises include the following EXCEPT that it helps to \_\_\_\_\_.

- A. prevent muscle soreness

- B. prevent injuries
- C. improve performance
- D. prevent flexibility

30. Which part of the body should NOT touch the mattress when performing forward roll in gymnastics?

- A. Fingers
- B. Hands
- C. Head
- D. Shoulders

31. \_\_\_\_\_ are preliminary vigorous and enjoyable physical activities which precedes actual physical skill performance.

- A. Warm-up exercises
- B. Physical education
- C. Power fitness
- D. None of the above

32. A method whereby solid refuse is burnt in an incinerator is called \_\_\_\_\_.

- A. pulverization
- B. decomposition
- C. incineration
- D. incineration

33. Which of the following is a social dance?

- A. Atilogwu
- B. Mbonbo
- C. Reggae
- D. Oponda

34. The long bone in the upper arm is called \_\_\_\_\_.

- A. femur
- B. fibula
- C. patella
- D. humerus

35. The basic swimming strokes includes \_\_\_\_\_.

- A. front crawl
- B. front stroke
- C. fly stoke
- D. none of the above

36. In handball, a player can pass the ball in the following position EXCEPT \_\_\_\_\_.

- A. kneeling
- B. sitting
- C. lying
- D. bending

37. The game of hockey starts with a centre \_\_\_\_\_.

- A. run
- B. throw
- C. bully
- D. field

38. Which of the following is not part of environmental sanitation?

- A. Control of vectors
- B. Disposal of waste

- C. Supply of safe water
- D. Supply of adequate food

39. The ability of a muscle to return to normal when the stretching force is removed is called its \_\_\_\_\_.

- A. elasticity
- B. extensibility
- C. contractility
- D. excitability

40. Fatigue can be divided into \_\_\_\_\_ classes.

- A. 2
- B. 3
- C. 4
- D. 5

41. Which of the following is movement is NOT concerned with the application of force?

- A. Pulling
- B. Pushing
- C. Kicking
- D. Hopping

42. The following are Nigerian musicians EXCEPT \_\_\_\_\_.

- A. Victor Uwaifo
- B. Eddy Okonta
- C. Lucky Dube
- D. Sunny Okosun

43. Which of the following is NOT a dual game?

- A. Lawn tennis
- B. Badminton
- C. Hockey
- D. Table tennis

44. Which of the following is NOT an equipment used in badminton?

- A. Net
- B. Shuttle cock
- C. Racket
- D. Ball

45. The energy giving food for physical activities is \_\_\_\_\_.

- A. proteins
- B. mineral salts
- C. vitamins
- D. carbohydrate

46. The elementary stroke of young swimmers is \_\_\_\_\_.

- A. crawl
- B. back stroke
- C. flying stroke
- D. butterfly stroke

47. While working in hot weather, performance can be enhanced by \_\_\_\_\_.

- A. wearing thick clothes
- B. wearing light clothes

- C. using the air conditioner
- D. all of the above

48. Which of the following is associated with high altitudes?

- A. Decrease O<sub>2</sub>
- B. Increase CO<sub>2</sub>
- C. Increase O<sub>2</sub>
- D. Decrease CO<sub>2</sub>

49. The best form of rest is \_\_\_\_\_.

- A. singing
- B. dancing
- C. sleeping
- D. eating

50. Which of the following is not a refuse material?

- A. Faeces
- B. Dust
- C. Bottles
- D. Ashes

51. Protective aids in hockey are \_\_\_\_\_.

- A. boot and helmet
- B. shoes and caps
- C. pads and helmet
- D. pads and shin-guard

52. Judo originated in \_\_\_\_\_.

- A. China

- B. Japan
- C. Turkey
- D. Egypt

53. Which of the following is NOT a skill in basket ball?

- A. Rolling
- B. Passing
- C. Shooting
- D. Catching

54. Fakes or a feint is an action of player designed to \_\_\_\_\_ the opponent and put him off balance.

- A. mislead
- B. guide
- C. direct
- D. discourage

55. The quantity of blood pumped out at each heart beat is referred to as \_\_\_\_\_.

- A. stroke beat
- B. stroke volume
- C. volume of blood
- D. stroke level

56. How much extra time is given in basketball, if a tie occurs?

- A. 45 minutes then penalty
- B. 30 minutes only
- C. 20 minutes then free throw
- D. 5 minutes each until a winner emerges

57. Water lost by the body can be replaced by \_\_\_\_\_.

- A. staying close to the air conditioner
- B. urinating less
- C. taking more water
- D. all of the above

58. Methods of refuse disposal include all of the following EXCEPT \_\_\_\_\_.

- A. incineration
- B. burning
- C. dumping on the street
- D. pulverisation

59. Which of the following is a basic quality of an athlete?

- A. He is not morally fit.
- B. He lacks the appropriate skill for performing in competitions.
- C. He obeys only some of the rules of the game.
- D. None of the above.

60. The following are types of fouls in basketball EXCEPT \_\_\_\_\_.

- A. double foul
- B. triple foul
- C. personal foul
- D. intentional foul

61. An adult is expected to sleep for an average of \_\_\_\_\_ hours every day.

- A. 5
- B. 6
- C. 17
- D. 8

62. The musical instruments used in traditional dances include the following EXCEPT \_\_\_\_\_.

- A. drum
- B. earthen pots
- C. piano
- D. flutes

63. The \_\_\_\_\_ muscles are responsible for pumping out blood.

- A. brain
- B. limb
- C. tissue
- D. heart

64. The basic skills in gymnastics include the following EXCEPT \_\_\_\_\_.

- A. balancing activities
- B. jumping
- C. tumbling
- D. headspring

65. The ability of a muscle to stretch is known as its \_\_\_\_\_.

- A. contractility
- B. elasticity
- C. extensibility
- D. excitability

66. Two officials in the game rounders are \_\_\_\_\_ and \_\_\_\_\_.

- A. batsman's umpire, supervisor
- B. batsman's umpire, recorder

- C. referee, scorer
- D. timekeeper, spectator

67. Which of the following cannot be classified as surface water?

- A. streams
- B. lakes
- C. wells
- D. rivers

68. All of the following are singing games EXCEPT \_\_\_\_\_.

- A. okereke-okereke
- B. you are mine
- C. onyeri-azu
- D. tum tum ogele

## TOPIC: CARDIO-RESPIRATORY FUNCTIONS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The opening of the nose externally is called \_\_\_\_\_.
  - A. windpipe
  - B. lungs
  - C. nostrils
  - D. gullet
  
2. Which of the following is not part of the respiratory system?
  - A. Lungs
  - B. Trachea
  - C. Liver
  - D. Bronchioles
  
3. Which of the following is the largest blood vessel in the human heart?
  - A. Artery
  - B. Aorta
  - C. Capillary
  - D. Vein
  
4. The measuring unit of energy is \_\_\_\_\_.
  - A. Newton
  - B. Kilogramme
  - C. Centimetres
  - D. Joules

5. The blood pumping station in the body is the \_\_\_\_\_.

- A. kidney
- B. spleen
- C. liver
- D. heart

6. The heart is divided into \_\_\_\_\_ chambers.

- A. 4
- B. 5
- C. 3
- D. 2

7. In the human body gaseous exchange occurs through a process known as \_\_\_\_\_.

- A. diffusion
- B. osmosis
- C. dilation
- D. transpiration

8. During exercise, energy is gotten from \_\_\_\_\_.

- A. proteins
- B. O<sub>2</sub>
- C. glucose
- D. oxidation of RBC

9. The left side of the heart pumps blood into the \_\_\_\_\_.

- A. liver
- B. heart

- C. lungs
- D. body

10. The various chemical reactions in the body that leads to the release of energy during work is called \_\_\_\_\_

- A. metabolism
- B. breakdown
- C. catabolism
- D. anabolism

11. The exchange of gases takes place in the \_\_\_\_\_.

- A. liver
- B. heart
- C. nose
- D. lungs

12. Which compound does oxygen combine with in the blood?

- A. Plasma
- B. Carbon dioxide
- C. Haemoglobin
- D. Globin

13. What separates the right atrium from the right ventricle?

- A. Tricuspid valve
- B. Bicuspid valve
- C. Septic valve
- D. Pulmonary valve

14. Which is responsible for the process of inspiration and expiration?

- A. Lungs
- B. Liver
- C. Brain
- D. Kidney

15. The bronchus divides into smaller windpipes called \_\_\_\_\_.

- A. alveoli
- B. larynx
- C. bronchioles
- D. bronchi

16. The instrument used in the measurement of heart rate is called \_\_\_\_\_.

- A. heart chart
- B. electrocardiograph
- C. stethoscope
- D. sphygmomanometer

17. The process of passing out air from the body is called \_\_\_\_\_.

- A. exhalation
- B. breathing
- C. expiration
- D. inspiration

18. The \_\_\_\_\_ is the windpipe of the body.

- A. larynx
- B. trachea
- C. oesophagus
- D. pharynx

19. In humans, gaseous exchange occurs between the person and his environment through the \_\_\_\_\_.

- A. liver
- B. heart
- C. lung
- D. brain

20. Breathing is also known as \_\_\_\_\_.

- A. inspiration
- B. expiration
- C. perspiration
- D. carspiration

21. The most hygienic organ through which we breath in air is the \_\_\_\_\_.

- A. gullet
- B. air pipe
- C. trachea
- D. nose

22. Energy during exercise is derived from \_\_\_\_\_.

- A. oxygen
- B. oxidation of food nutrients
- C. oxidation of red blood cells
- D. chemical reactions

23. Exercise quickens the heart rate and results in increased breathing movements.

- A. True
- B. False

24. The process of taking air into the body is called \_\_\_\_\_.

- A. inspiration
- B. breathing
- C. exhalation
- D. expiration

25. The trachea divides into the \_\_\_\_\_.

- A. lungs
- B. alveoli
- C. bronchi
- D. larynx

26. The amount of blood pumped by the heart per beat is \_\_\_\_\_.

- A. heart volume
- B. cardiac volume
- C. pulmonary volume
- D. stroke volume

27. The windpipe that enters the lungs is called \_\_\_\_\_.

- A. oesophagus
- B. larynx
- C. pharynx
- D. trachea

28. Which of these has high affinity for oxygen in the blood?

- A. WBC
- B. RBC
- C. Plasma
- D. Leucocytes

29. Heart rate means \_\_\_\_\_.

- A. number of times the heart beats per minute
- B. amount of blood pressure per minute
- C. volume of the blood in the heart
- D. volume of blood pumped into the lungs

30. Transportation of gases in the body is done by \_\_\_\_\_.

- A. blood
- B. water
- C. urine
- D. cerebrospinal fluid

31. Aerobic metabolism takes place in the \_\_\_\_\_.

- A. cytoplasm
- B. cell wall
- C. mitochondria
- D. golgi apparatus

32. Cardio-respiratory fitness is also known as \_\_\_\_\_.

- A. flexibility
- B. agility
- C. muscular education
- D. aerobic fitness

## TOPIC: DISEASES AND IMMUNISATION

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ is the process by which an individual is given a vaccine which prevents harmful organisms from infecting him.

- A. Immunization
- B. Protection
- C. Quarantine
- D. None of the above

2. The disease vector for sand fly fever is \_\_\_\_\_.

- A. tse-tse fly
- B. mosquito
- C. fever fly
- D. sand fly

3. The following are airborne diseases EXCEPT \_\_\_\_\_.

- A. tuberculosis
- B. influenza
- C. typhoid fever
- D. whooping cough

4. In artificial active immunity, how long does it take for the child to become immune after vaccination?

- A. 5 months
- B. 7 weeks
- C. 9 days
- D. 2 weeks

5. Contact diseases CANNOT be prevented by \_\_\_\_\_.

- A. keeping the surrounding clean
- B. washing beddings regularly
- C. wearing other peoples cloths
- D. maintaining personal cleanliness of the skin

6. Between artificial passive and artificial passive immunity, which one is better?

- A. They have the same effect.
- B. None is better than the other.
- C. Artificial active immunity
- D. Artificial passive immunity

7. How many major type of immunity do we have?

- A. 1
- B. 2
- C. 3
- D. 7

8. Which of the following is true about natural active immunity?

- A. A child makes his antibodies after receiving a vaccine.
- B. A child gets his antibodies from his mother while in the womb.
- C. An individual make his own antibodies after he gets the disease.
- D. A child gets injected with the antibodies.

9. Artificial active immunity lasts for a \_\_\_\_\_ .

- A. short time
- B. long time
- C. no duration
- D. none of the above

10. Breathing in dusts that contain dried saliva or spittle of an infected person may cause \_\_\_\_\_ infection.

- A. saliva
- B. droplet
- C. dust
- D. spittle

11. \_\_\_\_\_ diseases are transmitted from contaminated water through the mouth into the human body.

- A. Air-borne
- B. Water-borne
- C. Liquid
- D. Vapour

12. Ways to prevent insect borne diseases include \_\_\_\_\_.

- A. avoiding being bitten by the insects
- B. protecting the home from insects
- C. clearing the bushes
- D. all of the above

13. When a disease or illness lasts for a long time in spite of the treatments, it becomes \_\_\_\_\_.

- A. epidemic
- B. chronic
- C. endemic
- D. none of the above

14. Artificial immunization can NEITHER be active or passive.

- A. True
- B. False

15. The following are ways of preventing airborne diseases EXCEPT \_\_\_\_\_.

- A. observe general health rules
- B. avoid inhaling
- C. provide good ventilation
- D. none of the above

16. What kind of artificial immunity is best for a child who needs immediate immunity?

- A. Artificial active immunity
- B. Natural active immunity
- C. Artificial passive immunity
- D. Natural passive immunity

17. Diseases that are spread by direct skin contact with an infected person or animal is called \_\_\_\_\_.

- A. dust infection
- B. insect-borne infection
- C. droplet infection
- D. contact disease

18. When a disease spreads among many people in a particular region, it is said to be \_\_\_\_\_.

- A. chronic
- B. endemic
- C. epidemic
- D. terminal

19. Why does artificial passive immunity last for a short time?

- A. The antibodies are converted to blood cells.
- B. The antibodies injected are soon destroyed.

- C. The antibodies dissolve into the blood.
- D. The antibodies simply disappear.

20. How does poverty contribute to malnutrition?

- A. Some poor parents cannot afford balanced meal for their children.
- B. Some traditional food do not contain adequate nutrient.
- C. Poor children are naturally malnourished
- D. None of the above

21. Which of the following is true about artificial active immunity?

- A. A child makes his antibodies after receiving a vaccine.
- B. A child gets his antibodies from his mother while in the womb.
- C. An individual make his own antibodies after he gets the disease.
- D. None of the above

22. Water-borne diseases CANNOT be prevented by \_\_\_\_\_.

- A. drinking dirty water
- B. drinking from clean containers
- C. drinking clean water
- D. none of the above

23. An individual is said to possess \_\_\_\_\_ when his body has toxins of invading bacteria shown by the presence of anti-toxins in the blood.

- A. protection
- B. immunity
- C. immunization
- D. toxicology

24. Airborne diseases can be transmitted through dust infection and \_\_\_\_\_ infection.

- A. food
- B. catarh
- C. droplet
- D. water

25. The two major types of immunity are \_\_\_\_\_ and \_\_\_\_\_.

- A. active, passive
- B. passive, activity
- C. open, close
- D. native, foreign

26. Examples of airborne diseases caused by viruses include \_\_\_\_\_.

- A. tuberculosis
- B. pneumonia
- C. influenza
- D. whooping cough

27. The following are diseases that vaccines can be giving against EXCEPT \_\_\_\_\_.

- A. polio
- B. malaria
- C. tetanus
- D. cholera

28. The disease vector for sleeping sickness is \_\_\_\_\_.

- A. mosquito
- B. filaria worm

- C. tse-tse fly
- D. laziness

29. Examples of airborne diseases caused by bacteria include \_\_\_\_\_.

- A. common cold
- B. all throat infections
- C. influenza
- D. measles

## TOPIC: HEALTH EDUCATION

**DIRECTION: Choose the correct answer from the lettered options.**

1. The functions of the human skeleton include the following EXCEPT \_\_\_\_\_.
  - A. movement
  - B. production of white blood cells
  - C. support
  - D. protection
  
2. The aspect of medicine or biology that deals with the structure of the human body is called \_\_\_\_\_.
  - A. physiology
  - B. anatomy
  - C. anthropology
  - D. biochemistry
  
3. Which of the following is an excretory organ?
  - A. Hair
  - B. Intestine
  - C. Stomach
  - D. Skin
  
4. The main energy source for muscular contractions comes from \_\_\_\_\_.
  - A. carbohydrates
  - B. fats
  - C. proteins
  - D. vitamins

5. The master gland of the body is also called \_\_\_\_\_.

- A. thyroid gland
- B. adrenal gland
- C. ovary and testis
- D. pituitary gland

6. Loss of water from the body is called \_\_\_\_\_.

- A. hydration
- B. urination
- C. rehydration
- D. none of the above

7. In which of these games is rotation of players practised?

- A. Basketball
- B. Football
- C. Handball
- D. Volleyball

8. Excessive loss of water from the body is know as \_\_\_\_\_.

- A. rehydration
- B. hydration
- C. hydrolysis
- D. dehydration

9. The following are water borne diseases EXCEPT \_\_\_\_\_.

- A. measles
- B. dysentery
- C. diarrhoea
- D. cholera

10. How many chromosomes are present in an individual?

- A. 11
- B. 22
- C. 33
- D. none of the above

11. Which of these is NOT a sign of good body condition?

- A. physical fitness
- B. balance
- C. confidence
- D. stress

12. Symptoms of mental fatigue include \_\_\_\_\_.

- A. yawning
- B. feeling tired
- C. drowsiness
- D. all of the above

13. Which of these diseases is insect borne?

- A. Chicken pox
- B. Measles
- C. Poliomyelitis
- D. Sleeping sickness

14. \_\_\_\_\_ chromosomes are present in humans.

- A. 23
- B. 46
- C. 72
- D. 13

15. Some health agencies include the following EXCEPT \_\_\_\_\_.

- A. UNICEF
- B. EFCC
- C. Red Cross
- D. WHO

16. Flat footed people are handicapped in \_\_\_\_\_.

- A. swimming
- B. walking
- C. races
- D. jumping

17. Sperm duct, scrotal sac, ureter, testis and prostate gland are parts of the \_\_\_\_\_ sex organ.

- A. animal
- B. female
- C. male
- D. reptile

18. Sports men should NOT smoke because smokers are \_\_\_\_\_.

- A. always hungry
- B. always alert
- C. perform better
- D. easily fatigued

19. When a person is recovering from illness, he is said to be in \_\_\_\_\_.

- A. incubation period
- B. crisis period

- C. recovery period
- D. condolence period

20. \_\_\_\_\_ is a Nigerian health agency.

- A. Red Cross
- B. UNICEF
- C. WHO
- D. NAFDAC

21. All of these are health organizations EXCEPT \_\_\_\_\_.

- A. WHO
- B. RED CROSS
- C. UNICEF
- D. Police

22. The period after childhood and before adulthood in humans is called \_\_\_\_\_.

- A. adolescence
- B. infancy
- C. maturity
- D. puberty

23. The nutrient that performs the role of repairing body tissues is \_\_\_\_\_.

- A. mineral salt
- B. vitamin
- C. protein
- D. water

24. A well ventilated house is a house with free movement of \_\_\_\_\_.

- A. water
- B. air
- C. fire
- D. people

## TOPIC: PHYSICAL FITNESS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following factors influence physical fitness EXCEPT \_\_\_\_\_.

- A. age
- B. body type
- C. culture
- D. heredity

2. Physical fitness has the following characteristics EXCEPT \_\_\_\_\_.

- A. strength
- B. endurance
- C. speed
- D. fatigue

3. Participation in regular physical exercise helps the body to \_\_\_\_\_.

- A. be sick
- B. accumulate fat
- C. gain weight
- D. keep fit

4. Fatigue can be classified into \_\_\_\_\_ and \_\_\_\_\_.

- A. physical, spiritual
- B. physical, emotional
- C. mental, strenuous
- D. physical, mental

5. The following are ways of acquiring physical fitness EXCEPT \_\_\_\_\_.

- A. starvation
- B. anaerobic exercises
- C. nutrition
- D. weight training

6. Which of the following is NOT true about rhythmical activities?

- A. It provides music and enjoyment.
- B. It helps in the development of big muscles for games.
- C. It provides opportunities for self-expression.
- D. It helps develop physical fitness

7. \_\_\_\_\_ is the ability of the muscle to continue to function for a long time despite pain or fatigue.

- A. Pain
- B. Stress
- C. Fatigue
- D. Endurance

8. \_\_\_\_\_ is the ability to carry out one's daily physical activities without undue fatigue and having enough energy to cope with emergencies.

- A. Physical exercise
- B. Physical fitness
- C. Power
- D. Agility

9. The following helps us to be physically fit EXCEPT \_\_\_\_\_.

- A. weight training

- B. industrial training
- C. interval training
- D. fight training

10. \_\_\_\_\_ is the rate of contraction of the muscle after receiving a stimulus.

- A. Power
- B. Speed
- C. Strength
- D. Agility

11. Which of the following is NOT a component of health related physical fitness?

- A. Flexibility
- B. Aerobic fitness
- C. Body composition
- D. Balance

12. What is endurance?

- A. It is the ability to run for a long distance.
- B. It is the ability to work without sleep.
- C. It is the ability of the muscle to be strong.
- D. It is the ability of the muscle to continue functioning for a long time despite pain.

13. Fatigue can be prevented or cured by \_\_\_\_\_ and \_\_\_\_\_.

- A. food, water
- B. rest, sleep
- C. food, rest
- D. slow music, slow dance

14. The ability of a person to maintain a certain posture in a position for a long time is called \_\_\_\_\_.

- A. agility
- B. flexibility
- C. strength
- D. balance

15. The following are performance-related components of physical fitness EXCEPT \_\_\_\_\_.

- A. agility
- B. balance
- C. endurance
- D. speed

16. The components of health related physical fitness are

- A. cardio respiratory fitness, muscular strength, muscular endurance, flexibility and body composition
- B. hand-eye coordination
- C. spiritual, physical, emotional social, flexibility and intellectual fitness
- D. muscular and hand-eye fitness

17. Which is a flexibility and agility movement?

- A. Yoga hand stand
- B. Supine arch-up
- C. Front scale
- D. All of the above

18. Exercise has proven to \_\_\_\_\_.

- A. increase bone mass

- B. reduce cardiac injury during heart attack
- C. reduce the risk of diabetes
- D. all of the above

19. The weariness one experiences after a period of hard work or sport is called \_\_\_\_\_.

- A. energy
- B. strength
- C. agility
- D. fatigue

20. Aerobic metabolism takes place in the \_\_\_\_\_.

- A. cell wall
- B. nucleus
- C. mitochondrion
- D. food vacuoles

21. Flexibility and agility movement includes the following EXCEPT \_\_\_\_\_.

- A. needle scale
- B. shoot through
- C. stand back
- D. arabesque

## TOPIC: THE HUMAN BODY

**DIRECTION: Choose the correct answer from the lettered options.**

1. A sagittal plane is a line that divides the body into \_\_\_\_\_.
  - A. two equal halves
  - B. right and left halves
  - C. back and front
  - D. upper and lower halves
  
2. Two types of flexibility are \_\_\_\_\_ and \_\_\_\_\_.
  - A. static, immobile
  - B. dynamic, static
  - C. dynamic, mobile
  - D. potential, kinetic
  
3. One cause of postural defects is \_\_\_\_\_.
  - A. good nutrition
  - B. proper hearing
  - C. good sitting posture
  - D. poor vision
  
4. Skeleton is the bony structure which gives animals rigidity and \_\_\_\_\_.
  - A. support
  - B. credibility
  - C. elegance
  - D. fragility

5. Muscles are attached to bones at \_\_\_\_\_ points.

- A. one
- B. two
- C. three
- D. four

6. The circular movements of joints is called \_\_\_\_\_.

- A. pronation
- B. eversion
- C. adduction
- D. circumduction

7. The more stationary point where a muscle is attached to a bone is known as the \_\_\_\_\_.

- A. insertion
- B. origin
- C. beginning point
- D. joint

8. The following are types of movement in joints EXCEPT \_\_\_\_\_.

- A. abduction
- B. circumduction
- C. conversion
- D. supination

9. Where two or more bones meet is called \_\_\_\_\_.

- A. ligament
- B. tendon

- C. cartilage
- D. joint

10. The point where two or more bones meet is called a \_\_\_\_\_.

- A. tissue
- B. ligament
- C. joint
- D. capsule

11. The following are causes of fatigue EXCEPT \_\_\_\_\_.

- A. poor health
- B. excessive noise
- C. nervousness
- D. exercise

12. Movement in joints includes the following EXCEPT \_\_\_\_\_.

- A. extension
- B. bending
- C. flexion
- D. rotation

13. Hunch back is also known as \_\_\_\_\_.

- A. knock knee
- B. scoliosis
- C. lordosis
- D. kyphosis

14. The following involve muscle movements EXCEPT the \_\_\_\_\_.

- A. exchange of gases in the lungs
- B. blinking of the eye
- C. passage of food through the alimentary canal
- D. pumping of blood by the heart

15. Which of these compounds are found in bones?

- A. Sodium
- B. Potassium
- C. Calcium
- D. Hydrogen

16. Joints that can move in only one direction are called \_\_\_\_\_.

- A. ball and socket
- B. interlocking joints
- C. hinge joints
- D. symphosial joint

17. Which muscle is antagonistic to the biceps muscle?

- A. Clavicle
- B. Trapezuis
- C. Deltoid
- D. Triceps

18. These are types of joints EXCEPT \_\_\_\_\_.

- A. hinge
- B. linkage
- C. suture
- D. ball and socket

19. The patella bone is also known as the \_\_\_\_\_.

- A. clavicle
- B. knee cap
- C. collar bone
- D. femur

20. The skeleton has two parts namely \_\_\_\_\_ and \_\_\_\_\_.

- A. appendicular, exoskeleton
- B. endoskeleton, exoskeleton
- C. appendicular, axial
- D. axial, exoskeleton

21. How many paired bones are in the ribs?

- A. 10
- B. 12
- C. 14
- D. 16

22. The imaginary line that divides the body into right and left is known as \_\_\_\_\_ plane.

- A. transverse
- B. coronal
- C. sagittal
- D. vertical

23. Which of these is NOT a postural defect?

- A. Kyphosis
- B. Scoliosis

- C. Lordosis
- D. None of the above

24. The horizontal plane is also called \_\_\_\_\_.

- A. transverse plane
- B. sagittal plane
- C. vertebral plane
- D. frontal plane

25. Contraction and relaxation of muscles causes \_\_\_\_\_ in the body.

- A. movement
- B. refreshment
- C. relaxation
- D. no effect

26. Which of these is NOT a postural defect?

- A. Hypnosis
- B. Scoliosis
- C. Lordosis
- D. Flat foot

27. The study of the functions of the different parts and organs of the human body is known as \_\_\_\_\_.

- A. biology
- B. physiology
- C. kinesiology
- D. theology

28. The following are bones of the lower limbs EXCEPT \_\_\_\_\_.

- A. tarsal
- B. carpals
- C. femur
- D. patella

29. These are types of bones in the human body EXCEPT \_\_\_\_\_.

- A. flat
- B. irregular
- C. joint
- D. long

30. The black spot in the eye is called the \_\_\_\_\_.

- A. iris
- B. retina
- C. cornea
- D. pupil

31. Which of the following is not true of good standing posture?

- A. The head is well held back
- B. The abdomen is flattened
- C. The knees are bent
- D. The back is straight

32. Which of the following are joints in the body?

- A. Hinge joint
- B. Ball and socket joint
- C. Suture joint
- D. All of the above

33. The vertebrate is also called \_\_\_\_\_.

- A. spinal cord
- B. back bone
- C. cranium
- D. spinal nerves

34. A flexometer is an instrument used in measuring \_\_\_\_\_ flexibility.

- A. potential
- B. kinetic
- C. dynamic
- D. static

35. The following are body movements EXCEPT \_\_\_\_\_.

- A. bending
- B. stretching
- C. sitting
- D. twisting

36. Joints are held together by \_\_\_\_\_.

- A. liniment
- B. cartilage
- C. ligament
- D. muscles

37. \_\_\_\_\_ holds joints together.

- A. Ligaments
- B. Muscles
- C. Cartilage
- D. Veins

38. Joints can be classified into \_\_\_\_\_ and \_\_\_\_\_.

- A. strong, weak
- B. thick, thin
- C. moveable, immovable
- D. free, tight

39. The following are functions of the muscles EXCEPT \_\_\_\_\_.

- A. blood formation
- B. body posture
- C. body contour
- D. heat production

40. The following are systems in the body EXCEPT the \_\_\_\_\_ system.

- A. skeletal
- B. tissue
- C. muscular
- D. endocrine

41. Correct sitting posture involves the following EXCEPT the \_\_\_\_\_.

- A. head held high
- B. feet flat on the floor
- C. lower back touching the chair
- D. back bent over

42. Which of the following is a plane of the body?

- A. Frontal plane
- B. Sagittal plane
- C. Horizontal plane
- D. All of the above

43. Coronal plane is also known as \_\_\_\_\_.

- A. frontal plane
- B. horizontal plane
- C. sagittal plane
- D. all of the above

44. Which is NOT a kind of movement in joints?

- A. Flexion
- B. Extension
- C. Abduction
- D. Bending

45. Which of these movements requires the bending of the trunk backward?

- A. Adduction
- B. Extension
- C. Flexion
- D. Hyper extension

46. \_\_\_\_\_ is an opposition or resistance of a joint to motion.

- A. Dynamic flexibility
- B. Stiffness
- C. Static flexibility
- D. None of the above

47. Factors that affect flexibility include \_\_\_\_\_.

- A. ligaments
- B. tendons
- C. skin
- D. all of the above

48. Which of the following is NOT a type of propelling method in swimming?

- A. Prone glide
- B. Prone glide and kick
- C. Back glide and kick
- D. Forward glide

49. Which of these is NOT a bone in the human skeleton?

- A. Atlas
- B. Deltoid
- C. Humerus
- D. Skull

50. The following bones are found in the lower limb EXCEPT \_\_\_\_\_.

- A. tarsal
- B. femur
- C. patella
- D. carpals

51. Tendons attach \_\_\_\_\_ to bones.

- A. muscles
- B. tendons
- C. veins
- D. arteries

52. Which of these is referred to as bones of fingers and toes?

- A. Carpals
- B. Tarsals
- C. Radius
- D. Phalanges

53. Carpus and tarsus are examples of which type of bone?

- A. Short bone
- B. Long bone
- C. Irregular bone
- D. Flat bone

54. The movement that occurs when the sole of the foot is turned outward is known as \_\_\_\_\_.

- A. extension
- B. inversion
- C. adduction
- D. eversion

55. \_\_\_\_\_ is NOT a basic characteristic of muscles.

- A. Extensibility
- B. Elasticity
- C. Excitability
- D. Elongation

56. The bone of the upper arm is called \_\_\_\_\_.

- A. radius
- B. ulna
- C. femur
- D. humerus

57. Ossification is a term used to describe \_\_\_\_\_.

- A. formation
- B. fusion

- C. degradation
- D. attachment

58. The bony part of the body is called \_\_\_\_\_.

- A. ligament
- B. muscle
- C. joint
- D. skeleton

59. Bones meet to form a \_\_\_\_\_.

- A. ligaments
- B. muscles
- C. tendon
- D. none of the above

60. Muscular movements carried out in the body include \_\_\_\_\_.

- A. thinking
- B. sleeping
- C. blinking of the eyes
- D. none of the above

# ANSWERS

## TOPIC: ANATOMY AND PHYSIOLOGY

**DIRECTION: Choose the correct answer from the lettered options.**

1. Which of these is part of the axial skeleton?

- A. skull
- B. pectoral girdle
- C. pelvic girdle
- D. appendages

The correct answer is option [A].

2. Which of these is an example of a hinge joint?

- A. shoulder
- B. knuckle
- C. thumb
- D. elbow

The correct answer is option [D]

3. Eating adequate food helps in the proper development of the \_\_\_\_\_.

- A. bones
- B. belly
- C. eyelids
- D. blood

The correct answer is option [A]

4. Transverse plane divides the body into \_\_\_\_\_.

- A. upper and lower halves
- B. posterior and anterior
- C. left and right

D. front and back

The correct answer is option [A]

5. The study of the structure of the body is called \_\_\_\_\_.

- A. physiology
- B. anatomy
- C. health science
- D. biology

The correct answer is option [B]

6. \_\_\_\_\_ may affect the development of the bones.

- A. Healthy feeding
- B. Poor nutrition
- C. Poor hygiene
- D. Dirty clothing.

The correct answer is option [B]

7. \_\_\_\_\_ is the position or bearing of the body.

- A. Stand
- B. Positioning
- C. Posture
- D. Posterity

The correct answer is option [C]

8. The vertical plane that runs from side to side of the human body is referred to as the \_\_\_\_\_.

- A. frontal plane
- B. median plane

- C. sagittal plane
- D. horizontal plane

The correct answer is option [A]

9. In an erect sitting posture, the \_\_\_\_\_ are kept straight.

- A. hand, neck and toes
- B. body, neck and head
- C. legs, hands and toes
- D. head, toes and legs

The correct answer is option [B]

10. To avoid postural defects, \_\_\_\_\_ is recommended.

- A. sitting properly
- B. jumping around
- C. standing on one foot
- D. eating plenty of fatty foods

The correct answer is option [A]

11. \_\_\_\_\_ is the smallest unit in the body.

- A. Organ
- B. Tissue
- C. Cell
- D. System

The correct answer is option [C]

12. Which of the following is a type of curvature of the spine?

- A. Lordosis
- B. Hunchbike

- C. Stoop nails
- D. Broad shoulders

The correct answer is option [A]

13. The group of persons that has a well developed muscular body are called the \_\_\_\_\_.

- A. ectomorphs
- B. mesomorphs
- C. endomorphs
- D. metamorphs

The correct answer is option [B]

14. The study of the functions of the different parts and organs of the human body is called \_\_\_\_\_.

- A. psychology
- B. physiotherapy
- C. physiology
- D. anatomy

The correct answer is option [C]

15. Postural defect can be avoided by \_\_\_\_\_.

- A. bending while standing
- B. not carrying heavy load on one side of the body
- C. sitting uncomfortably on a spot

The correct answer is option [B]

16. Which of the following is NOT a joint?

- A. suture

- B. saddle
- C. gliding
- D. hoof

The correct answer is option [D].

17. Poor sitting position can cause \_\_\_\_\_.

- A. curves of the spine
- B. curves of the hands
- C. headache
- D. blood pressure

The correct answer is option [A]

18. \_\_\_\_\_ are the group of people that have a soft and rounded body.

- A. Mesomorphs
- B. Ectomorphs
- C. Endomorphs
- D. Postures

The correct answer is option [C]

19. People with poor vision can develop \_\_\_\_\_ defects in their attempt to see more clearly.

- A. postural
- B. brain
- C. habitual
- D. hearing

The correct answer is option [A]

20. Which of these is a body type?

- A. Ectomorph
- B. Epimorph
- C. Exomorph
- D. None of the above

The correct answer is option [A]

## TOPIC: ENERGY SOURCES DURING PHYSICAL ACTIVITIES

**DIRECTION: Choose the correct answer from the lettered options.**

1. Animals store carbohydrates mainly as \_\_\_\_\_.

- A. amino acid
- B. glycogen
- C. fats
- D. minerals

The correct answer is option [B]

2. What causes fatigue?

- A. Poor health
- B. Nervousness
- C. Excessive noise
- D. All of the above

The correct answer is option [D]

3. The ability of a muscle to be excited by stimuli is called its \_\_\_\_\_.

- A. elasticity
- B. contractibility
- C. extensibility
- D. excitability

The correct answer is option [D]

4. Reduction of energy building components can cause \_\_\_\_\_.

- A. fatigue
- B. blurriness in the eye
- C. cold

D. energy

The correct answer is option [A]

5. Which of the following is a traditional dance?

- A. Reggae
- B. Calypso
- C. Waltz
- D. Atilogwu

The correct answer is option [D]

6. One way of curing fatigue is through \_\_\_\_\_.

- A. drinking clean water
- B. taking food supplements
- C. sleep
- D. walking around the neighbourhood

The correct answer is option [C].

7. Which of the following bones is NOT a part of the axial skeleton?

- A. Cranium
- B. Sternum
- C. Pectorial girdle
- D. Ribs

The correct answer is option [C]

8. What is the full meaning of ATP?

- A. Adenosine Triphosphate
- B. Adenosine Triphosphates
- C. Adenosine Triphosphate

D. Adenosine Trioxophosphite

The correct answer is option [C]

9. Which type of bone makes up the bone of the skull?

- A. Long bone
- B. Short bone
- C. Flat bone
- D. Irregular bone

The correct answer is option [C]

10. An athlete must possess the following qualities EXCEPT \_\_\_\_\_.

- A. sportsmanship
- B. punctuality
- C. physical fitness
- D. pride in victory

The correct answer is option [D]

11. In basketball, a foul that leads to an injury of a player is known as \_\_\_\_\_ foul.

- A. intentional
- B. double
- C. disqualifying
- D. technical

The correct answer is option [C].

12. The atilogwu dance is an \_\_\_\_\_ dance.

- A. Igbo
- B. Ijaw
- C. Ishekiri

D. Urhobo

The correct answer is option [A]

13. Examples of the bones of the axial skeleton include the \_\_\_\_\_.

- A. spine
- B. limbs
- C. pelvic girdle
- D. femur

The correct answer is option [A]

14. Types of wound include all of the following EXCEPT \_\_\_\_\_.

- A. clean cut
- B. torn cut
- C. sprain
- D. stab

The correct answer is option [C]

15. The \_\_\_\_\_ are the anatomic systems primarily involved with movement.

- A. bones and blood
- B. skeletal and muscular system
- C. tendons and blood
- D. fingers and finger nails

The correct answer is option [B]

16. Another name for anteroposterior plane is \_\_\_\_\_ plane.

- A. coronal
- B. sagittal
- C. mid sagittal

D. frontal

The correct answer is option [B]

17. Dance movement can be used to express the following EXCEPT \_\_\_\_\_.

- A. feelings
- B. demonstration of great deeds
- C. presentation of stories of past and present
- D. all of the above

The correct answer is option [D]

18. The following are faults in handball EXCEPT \_\_\_\_\_.

- A. obstructing an opponent with hands or legs
- B. playing outside the court
- C. bouncing the ball once and catching it
- D. touching the ball with any part of the leg below the knee

The correct answer is option [C].

19. Trampoline activities include the following EXCEPT \_\_\_\_\_.

- A. straight jump
- B. knee bounce
- C. sit drop
- D. vault

The correct answer is option [D]

20. The horizontal plane divides the body into \_\_\_\_\_ and \_\_\_\_\_ parts.

- A. superior, inferior
- B. extension, flexion
- C. left, right

D. up, down

The correct answer is option [A]

21. Examples of home accidents include all of the following EXCEPT \_\_\_\_\_.

- A. poisoning
- B. electrocution
- C. vehicular accident
- D. cuts

The correct answer is option [C]

22. Basketball was introduced by \_\_\_\_\_.

- A. YMCA
- B. James Naismith
- C. YWCA
- D. USA

The correct answer is option [B]

23. Bleeding is also referred to as \_\_\_\_\_.

- A. blood flow
- B. blood cloth
- C. haemorrhage
- D. wound

The correct answer is option [C]

24. Which of the following is a dual game?

- A. Soccer
- B. Badminton
- C. Cricket

D. Baseball

The correct answer is option [B]

25. The two classes of fatigues are \_\_\_\_\_ and \_\_\_\_\_ fatigue.

A. emotional, spiritual

B. spiritual, physical

C. emotional, physical

D. mental, physical

The correct answer is option [D].

26. The following are examples of outdoor physical education EXCEPT \_\_\_\_\_.

A. craft

B. hiking

C. farming

D. gardening

The correct answer is option [C].

27. The following are skills in hockey EXCEPT \_\_\_\_\_.

A. bully

B. dribbling

C. roll in

D. free kick

The correct answer is option [D]

28. Carbohydrate is NOT found in \_\_\_\_\_.

A. yams

B. bread

C. butter

D. cereals

The correct answer is option [C]

29. Values of warm-up exercises include the following EXCEPT that it helps to \_\_\_\_\_.

- A. prevent muscle soreness
- B. prevent injuries
- C. improve performance
- D. prevent flexibility

The correct answer is option [D].

30. Which part of the body should NOT touch the mattress when performing forward roll in gymnastics?

- A. Fingers
- B. Hands
- C. Head
- D. Shoulders

The correct answer is option [D]

31. \_\_\_\_\_ are preliminary vigorous and enjoyable physical activities which proceeds actual physical skill performance.

- A. Warm-up exercises
- B. Physical education
- C. Power fitness
- D. None of the above

The correct answer is option [A].

32. A method whereby solid refuse is burnt in an incinerator is called \_\_\_\_\_.

- A. pulverization

- B. decomposition
- C. incineration
- D. incineration

The correct answer is option [D]

33. Which of the following is a social dance?

- A. Atilogwu
- B. Mbonbo
- C. Reggae
- D. Oponda

The correct answer is option [C]

34. The long bone in the upper arm is called \_\_\_\_\_.

- A. femur
- B. fibula
- C. patella
- D. humerus

The correct answer is option [D]

35. The basic swimming strokes includes \_\_\_\_\_.

- A. front crawl
- B. front stroke
- C. fly stoke
- D. none of the above

The correct answer is option [A]

36. In handball, a player can pass the ball in the following position EXCEPT \_\_\_\_\_.

- A. kneeling

- B. sitting
- C. lying
- D. bending

The correct answer is option [D]

37. The game of hockey starts with a centre \_\_\_\_\_.

- A. run
- B. throw
- C. bully
- D. field

The correct answer is option [C].

38. Which of the following is not part of environmental sanitation?

- A. Control of vectors
- B. Disposal of waste
- C. Supply of safe water
- D. Supply of adequate food

The correct answer is option [D]

39. The ability of a muscle to return to normal when the stretching force is removed is called its \_\_\_\_\_.

- A. elasticity
- B. extensibility
- C. contractility
- D. excitability

The correct answer is option [A]

40. Fatigue can be divided into \_\_\_\_\_ classes.

- A. 2
- B. 3
- C. 4
- D. 5

The correct answer is option [A].

41. Which of the following is movement is NOT concerned with the application of force?

- A. Pulling
- B. Pushing
- C. Kicking
- D. Hopping

The correct answer is option [D].

42. The following are Nigerian musicians EXCEPT \_\_\_\_\_.

- A. Victor Uwaifo
- B. Eddy Okonta
- C. Lucky Dube
- D. Sunny Okosun

The correct answer is option [C]

43. Which of the following is NOT a dual game?

- A. Lawn tennis
- B. Badminton
- C. Hockey
- D. Table tennis

The correct answer is option [C]

44. Which of the following is NOT an equipment used in badminton?

- A. Net
- B. Shuttle cock
- C. Racket
- D. Ball

The correct answer is option [D]

45. The energy giving food for physical activities is \_\_\_\_\_.

- A. proteins
- B. mineral salts
- C. vitamins
- D. carbohydrate

The correct answer is option [D]

46. The elementary stroke of young swimmers is \_\_\_\_\_.

- A. crawl
- B. back stroke
- C. flying stroke
- D. butterfly stroke

The correct answer is option [A]

47. While working in hot weather, performance can be enhanced by \_\_\_\_\_.

- A. wearing thick clothes
- B. wearing light clothes
- C. using the air conditioner
- D. all of the above

The correct answer is option [B]

48. Which of the following is associated with high altitudes?

- A. Decrease O<sub>2</sub>
- B. Increase CO<sub>2</sub>
- C. Increase O<sub>2</sub>
- D. Decrease CO<sub>2</sub>

The correct answer is option [A].

49. The best form of rest is \_\_\_\_\_.

- A. singing
- B. dancing
- C. sleeping
- D. eating

The correct answer is option [C]

50. Which of the following is not a refuse material?

- A. Faeces
- B. Dust
- C. Bottles
- D. Ashes

The correct answer is option [B]

51. Protective aids in hockey are \_\_\_\_\_.

- A. boot and helmet
- B. shoes and caps
- C. pads and helmet
- D. pads and shin-guard

The correct answer is option [D].

52. Judo originated in \_\_\_\_\_.

- A. China
- B. Japan
- C. Turkey
- D. Egypt

The correct answer is option [B]

53. Which of the following is NOT a skill in basket ball?

- A. Rolling
- B. Passing
- C. Shooting
- D. Catching

The correct answer is option [A]

54. Fakes or a feint is an action of player designed to \_\_\_\_\_ the opponent and put him off balance.

- A. mislead
- B. guide
- C. direct
- D. discourage

The correct answer is option [A].

55. The quantity of blood pumped out at each heart beat is referred to as \_\_\_\_\_.

- A. stroke beat
- B. stroke volume
- C. volume of blood
- D. stroke level

The correct answer is option [B]

56. How much extra time is given in basketball, if a tie occurs?

- A. 45 minutes then penalty
- B. 30 minutes only
- C. 20 minutes then free throw
- D. 5 minutes each until a winner emerges

The correct answer is option [D].

57. Water lost by the body can be replaced by \_\_\_\_\_.

- A. staying close to the air conditioner
- B. urinating less
- C. taking more water
- D. all of the above

The correct answer is option [C]

58. Methods of refuse disposal include all of the following EXCEPT \_\_\_\_\_.

- A. incineration
- B. burning
- C. dumping on the street
- D. pulverisation

The correct answer is option [C].

59. Which of the following is a basic quality of an athlete?

- A. He is not morally fit.
- B. He lacks the appropriate skill for performing in competitions.
- C. He obeys only some of the rules of the game.
- D. None of the above.

The correct answer is option [D]

60. The following are types of fouls in basketball EXCEPT \_\_\_\_\_.

- A. double foul
- B. triple foul
- C. personal foul
- D. intentional foul

The correct answer is option [B]

61. An adult is expected to sleep for an average of \_\_\_\_\_ hours every day.

- A. 5
- B. 6
- C. 17
- D. 8

The correct answer is option [D].

62. The musical instruments used in traditional dances include the following EXCEPT \_\_\_\_\_.

- A. drum
- B. earthen pots
- C. piano
- D. flutes

The correct answer is option [C]

63. The \_\_\_\_ muscles are responsible for pumping out blood.

- A. brain
- B. limb
- C. tissue
- D. heart

The correct answer is option [D]

64. The basic skills in gymnastics include the following EXCEPT \_\_\_\_\_.

- A. balancing activities
- B. jumping
- C. tumbling
- D. headspring

The correct answer is option [B]

65. The ability of a muscle to stretch is known as its \_\_\_\_\_.

- A. contractility
- B. elasticity
- C. extensibility
- D. excitability

The correct answer is option [C]

66. Two officials in the game rounders are \_\_\_\_\_ and \_\_\_\_\_.

- A. batsman's umpire, supervisor
- B. batsman's umpire, recorder
- C. referee, scorer
- D. timekeeper, spectator

The correct answer is option [B].

67. Which of the following cannot be classified as surface water?

- A. streams
- B. lakes
- C. wells
- D. rivers

The correct answer is option [C]

68. All of the following are singing games EXCEPT \_\_\_\_\_.

- A. okereke-okereke
- B. you are mine
- C. onyeri-azu
- D. tum tum ogele

The correct answer is option [B]

## TOPIC: CARDIO-RESPIRATORY FUNCTIONS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The opening of the nose externally is called \_\_\_\_\_.

- A. windpipe
- B. lungs
- C. nostrils
- D. gullet

The correct answer is option [C]

2. Which of the following is not part of the respiratory system?

- A. Lungs
- B. Trachea
- C. Liver
- D. Bronchioles

The correct answer is option [C]

3. Which of the following is the largest blood vessel in the human heart?

- A. Artery
- B. Aorta
- C. Capillary
- D. Vein

The correct answer is option [B]

4. The measuring unit of energy is \_\_\_\_\_.

- A. Newton
- B. Kilogramme
- C. Centimetres

D. Joules

The correct answer is option [D].

5. The blood pumping station in the body is the \_\_\_\_\_.

A. kidney

B. spleen

C. liver

D. heart

The correct answer is option [D]

6. The heart is divided into \_\_\_\_\_ chambers.

A. 4

B. 5

C. 3

D. 2

The correct answer is option [A]

7. In the human body gaseous exchange occurs through a process known as \_\_\_\_\_.

A. diffusion

B. osmosis

C. dilation

D. transpiration

The correct answer is option [A]

8. During exercise, energy is gotten from \_\_\_\_\_.

A. proteins

B. O<sub>2</sub>

- C. glucose
- D. oxidation of RBC

The correct answer is option [C]

9. The left side of the heart pumps blood into the \_\_\_\_\_.

- A. liver
- B. heart
- C. lungs
- D. body

The correct answer is option [D].

10. The various chemical reactions in the body that leads to the release of energy during work is called \_\_\_\_\_

- A. metabolism
- B. breakdown
- C. catabolism
- D. anabolism

The correct answer is option [C].

11. The exchange of gases takes place in the \_\_\_\_\_.

- A. liver
- B. heart
- C. nose
- D. lungs

The correct answer is option [D]

12. Which compound does oxygen combine with in the blood?

- A. Plasma

- B. Carbon dioxide
- C. Haemoglobin
- D. Globin

The correct answer is option [C].

13. What separates the right atrium from the right ventricle?

- A. Tricuspid valve
- B. Bicuspid valve
- C. Septic valve
- D. Pulmonary valve

The correct answer is option [A]

14. Which is responsible for the process of inspiration and expiration?

- A. Lungs
- B. Liver
- C. Brain
- D. Kidney

The correct answer is option [A]

15. The bronchus divides into smaller windpipes called \_\_\_\_\_.

- A. alveoli
- B. larynx
- C. bronchioles
- D. bronchi

The correct answer is option [C]

16. The instrument used in the measurement of heart rate is called \_\_\_\_\_.

- A. heart chart

- B. electrocardiograph
- C. stethoscope
- D. sphygmomanometer

The correct answer is option [B].

17. The process of passing out air from the body is called \_\_\_\_\_.

- A. exhalation
- B. breathing
- C. expiration
- D. inspiration

The correct answer is option [C].

18. The \_\_\_\_\_ is the windpipe of the body.

- A. larynx
- B. trachea
- C. oesophagus
- D. pharynx

The correct answer is option [B]

19. In humans, gaseous exchange occurs between the person and his environment through the \_\_\_\_\_.

- A. liver
- B. heart
- C. lung
- D. brain

The correct answer is option [C]

20. Breathing is also known as \_\_\_\_\_.

- A. inspiration
- B. expiration
- C. perspiration
- D. carspiration

The correct answer is option [A].

21. The most hygienic organ through which we breath in air is the \_\_\_\_\_.

- A. gullet
- B. air pipe
- C. trachea
- D. nose

The correct answer is option [D]

22. Energy during exercise is derived from \_\_\_\_\_.

- A. oxygen
- B. oxidation of food nutrients
- C. oxidation of red blood cells
- D. chemical reactions

The correct answer is option [B]

23. Exercise quickens the heart rate and results in increased breathing movements.

- A. True
- B. False

The correct answer is option [A]

24. The process of taking air into the body is called \_\_\_\_\_.

- A. inspiration

- B. breathing
- C. exhalation
- D. expiration

The correct answer is option [A].

25. The trachea divides into the \_\_\_\_\_.

- A. lungs
- B. alveoli
- C. bronchi
- D. larynx

The correct answer is option [C].

26. The amount of blood pumped by the heart per beat is \_\_\_\_\_.

- A. heart volume
- B. cardiac volume
- C. pulmonary volume
- D. stroke volume

The correct answer is option [D].

27. The windpipe that enters the lungs is called \_\_\_\_\_.

- A. oesophagus
- B. larynx
- C. pharynx
- D. trachea

The correct answer is option [D].

28. Which of these has high affinity for oxygen in the blood?

- A. WBC

- B. RBC
- C. Plasma
- D. Leucocytes

The correct answer is option [B]

29. Heart rate means \_\_\_\_\_.

- A. number of times the heart beats per minute
- B. amount of blood pressure per minute
- C. volume of the blood in the heart
- D. volume of blood pumped into the lungs

The correct answer is option [A]

30. Transportation of gases in the body is done by \_\_\_\_\_.

- A. blood
- B. water
- C. urine
- D. cerebrospinal fluid

The correct answer is option [A].

31. Aerobic metabolism takes place in the \_\_\_\_\_.

- A. cytoplasm
- B. cell wall
- C. mitochondria
- D. golgi apparatus

The correct answer is option [C]

32. Cardio-respiratory fitness is also known as \_\_\_\_\_.

- A. flexibility
- B. agility
- C. muscular education
- D. aerobic fitness

The correct answer is option [D].

## TOPIC: DISEASES AND IMMUNISATION

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ is the process by which an individual is given a vaccine which prevents harmful organisms from infecting him.

- A. Immunization
- B. Protection
- C. Quarantine
- D. None of the above

The correct answer is option [A]

2. The disease vector for sand fly fever is \_\_\_\_\_.

- A. tse-tse fly
- B. mosquito
- C. fever fly
- D. sand fly

The correct answer is option [D]

3. The following are airborne diseases EXCEPT \_\_\_\_\_.

- A. tuberculosis
- B. influenza
- C. typhoid fever
- D. whooping cough

The correct answer is option [C]

4. In artificial active immunity, how long does it take for the child to become immune after vaccination?

- A. 5 months

- B. 7 weeks
- C. 9 days
- D. 2 weeks

The correct answer is option [D]

5. Contact diseases CANNOT be prevented by \_\_\_\_\_.

- A. keeping the surrounding clean
- B. washing beddings regularly
- C. wearing other peoples cloths
- D. maintaining personal cleanliness of the skin

The correct answer is option [C]

6. Between artificial passive and artificial active immunity, which one is better?

- A. They have the same effect.
- B. None is better than the other.
- C. Artificial active immunity
- D. Artificial passive immunity

The correct answer is option [C]

7. How many major type of immunity do we have?

- A. 1
- B. 2
- C. 3
- D. 7

The correct answer is option [B]

8. Which of the following is true about natural active immunity?

- A. A child makes his antibodies after receiving a vaccine.

- B. A child gets his antibodies from his mother while in the womb.
- C. An individual make his own antibodies after he gets the disease.
- D. A child gets injected with the antibodies.

The correct answer is option [C]

9. Artificial active immunity lasts for a \_\_\_\_\_ .

- A. short time
- B. long time
- C. no duration
- D. none of the above

The correct answer is option [B]

10. Breathing in dusts that contain dried saliva or spittle of an infected person may cause \_\_\_\_\_ infection.

- A. saliva
- B. droplet
- C. dust
- D. spittle

The correct answer is option [C]

11. \_\_\_\_\_ diseases are transmitted from contaminated water through the mouth into the human body.

- A. Air-borne
- B. Water-borne
- C. Liquid
- D. Vapour

The correct answer is option [B]

12. Ways to prevent insect borne diseases include \_\_\_\_\_.

- A. avoiding being bitten by the insects
- B. protecting the home from insects
- C. clearing the bushes
- D. all of the above

The correct answer is option [D]

13. When a disease or illness lasts for a long time in spite of the treatments, it becomes \_\_\_\_\_.

- A. epidemic
- B. chronic
- C. endemic
- D. none of the above

The correct answer is option [B].

14. Artificial immunization can NEITHER be active or passive.

- A. True
- B. False

The correct answer is option [B]

15. The following are ways of preventing airborne diseases EXCEPT \_\_\_\_\_.

- A. observe general health rules
- B. avoid inhaling
- C. provide good ventilation
- D. none of the above

The correct answer is option [B]

16. What kind of artificial immunity is best for a child who needs immediate immunity?

- A. Artificial active immunity
- B. Natural active immunity
- C. Artificial passive immunity
- D. Natural passive immunity

The correct answer is option [C]

17. Diseases that are spread by direct skin contact with an infected person or animal is called \_\_\_\_\_.

- A. dust infection
- B. insect-borne infection
- C. droplet infection
- D. contact disease

The correct answer is option [D]

18. When a disease spreads among many people in a particular region, it is said to be \_\_\_\_\_.

- A. chronic
- B. endemic
- C. epidemic
- D. terminal

The correct answer is option [C].

19. Why does artificial passive immunity last for a short time?

- A. The antibodies are converted to blood cells.
- B. The antibodies injected are soon destroyed.
- C. The antibodies dissolve into the blood.
- D. The antibodies simply disappear.

The correct answer is option [B]

20. How does poverty contribute to malnutrition?

- A. Some poor parents cannot afford balanced meal for their children.
- B. Some traditional food do not contain adequate nutrient.
- C. Poor children are naturally malnourished
- D. None of the above

The correct answer is option [A]

21. Which of the following is true about artificial active immunity?

- A. A child makes his antibodies after receiving a vaccine.
- B. A child gets his antibodies from his mother while in the womb.
- C. An individual make his own antibodies after he gets the disease.
- D. None of the above

The correct answer is option [A]

22. Water-borne diseases CANNOT be prevented by \_\_\_\_\_.

- A. drinking dirty water
- B. drinking from clean containers
- C. drinking clean water
- D. none of the above

The correct answer is option [A]

23. An individual is said to possess \_\_\_\_\_ when his body has toxins of invading bacteria shown by the presence of anti-toxins in the blood.

- A. protection
- B. immunity
- C. immunization
- D. toxicology

The correct answer is option [B]

24. Airborne diseases can be transmitted through dust infection and \_\_\_\_\_ infection.

- A. food
- B. catarh
- C. droplet
- D. water

The correct answer is option [C]

25. The two major types of immunity are \_\_\_\_\_ and \_\_\_\_\_.

- A. active, passive
- B. passive, activity
- C. open, close
- D. native, foreign

The correct answer is option [A]

26. Examples of airborne diseases caused by viruses include \_\_\_\_\_.

- A. tuberculosis
- B. pneumonia
- C. influenza
- D. whooping cough

The correct answer is option [C]

27. The following are diseases that vaccines can be giving against EXCEPT \_\_\_\_\_.

- A. polio
- B. malaria
- C. tetanus
- D. cholera

The correct answer is option [B]

28. The disease vector for sleeping sickness is \_\_\_\_\_.

- A. mosquito
- B. filaria worm
- C. tse-tse fly
- D. laziness

The correct answer is option [C]

29. Examples of airborne diseases caused by bacteria include \_\_\_\_\_.

- A. common cold
- B. all throat infections
- C. influenza
- D. measles

The correct answer is option [B]

## TOPIC: HEALTH EDUCATION

**DIRECTION: Choose the correct answer from the lettered options.**

1. The functions of the human skeleton include the following EXCEPT \_\_\_\_\_.

- A. movement
- B. production of white blood cells
- C. support
- D. protection

The correct answer is option [B]

2. The aspect of medicine or biology that deals with the structure of the human body is called \_\_\_\_\_.

- A. physiology
- B. anatomy
- C. anthropology
- D. biochemistry

The correct answer is option [B]

3. Which of the following is an excretory organ?

- A. Hair
- B. Intestine
- C. Stomach
- D. Skin

The correct answer is option [D]

4. The main energy source for muscular contractions comes from \_\_\_\_\_.

- A. carbohydrates
- B. fats

- C. proteins
- D. vitamins

The correct answer is option [A].

5. The master gland of the body is also called \_\_\_\_\_.

- A. thyroid gland
- B. adrenal gland
- C. ovary and testis
- D. pituitary gland

The correct answer is option [D]

6. Loss of water from the body is called \_\_\_\_\_.

- A. hydration
- B. urination
- C. rehydration
- D. none of the above

The correct answer is option [D]

7. In which of these games is rotation of players practised?

- A. Basketball
- B. Football
- C. Handball
- D. Volleyball

The correct answer is option [D]

8. Excessive loss of water from the body is know as \_\_\_\_\_.

- A. rehydration
- B. hydration

- C. hydrolysis
- D. dehydration

The correct answer is option [D]

9. The following are water borne diseases EXCEPT \_\_\_\_\_.

- A. measles
- B. dysentery
- C. diarrhoea
- D. cholera

The correct answer is option [A]

10. How many chromosomes are present in an individual?

- A. 11
- B. 22
- C. 33
- D. none of the above

The correct answer is option [D]

11. Which of these is NOT a sign of good body condition?

- A. physical fitness
- B. balance
- C. confidence
- D. stress

The correct answer is option [D]

12. Symptoms of mental fatigue include \_\_\_\_\_.

- A. yawning
- B. feeling tired

- C. drowsiness
- D. all of the above

The correct answer is option [D]

13. Which of these diseases is insect borne?

- A. Chicken pox
- B. Measles
- C. Poliomyelitis
- D. Sleeping sickness

The correct answer is option [D]

14. \_\_\_\_\_ chromosomes are present in humans.

- A. 23
- B. 46
- C. 72
- D. 13

The correct answer is option [B]

15. Some health agencies include the following EXCEPT \_\_\_\_\_.

- A. UNICEF
- B. EFCC
- C. Red Cross
- D. WHO

The correct answer is option [B]

16. Flat footed people are handicapped in \_\_\_\_\_.

- A. swimming
- B. walking

- C. races
- D. jumping

The correct answer is option [C]

17. Sperm duct, scrotal sac, ureter, testis and prostate gland are parts of the \_\_\_\_\_ sex organ.

- A. animal
- B. female
- C. male
- D. reptile

The correct answer is option [C]

18. Sports men should NOT smoke because smokers are \_\_\_\_\_.

- A. always hungry
- B. always alert
- C. perform better
- D. easily fatigued

The correct answer is option [D]

19. When a person is recovering from illness, he is said to be in \_\_\_\_\_.

- A. incubation period
- B. crisis period
- C. recovery period
- D. condolence period

The correct answer is option [C]

20. \_\_\_\_\_ is a Nigerian health agency.

- A. Red Cross

- B. UNICEF
- C. WHO
- D. NAFDAC

The correct answer is option [D]

21. All of these are health organizations EXCEPT \_\_\_\_\_.

- A. WHO
- B. RED CROSS
- C. UNICEF
- D. Police

The correct answer is option [D]

22. The period after childhood and before adulthood in humans is called \_\_\_\_\_.

- A. adolescence
- B. infancy
- C. maturity
- D. puberty

The correct answer is option [A]

23. The nutrient that performs the role of repairing body tissues is \_\_\_\_\_.

- A. mineral salt
- B. vitamin
- C. protein
- D. water

The correct answer is option [C]

24. A well ventilated house is a house with free movement of \_\_\_\_\_.

- A. water
- B. air
- C. fire
- D. people

The correct answer is option [B]

## TOPIC: PHYSICAL FITNESS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following factors influence physical fitness EXCEPT \_\_\_\_\_.

- A. age
- B. body type
- C. culture
- D. heredity

The correct answer is option [C]

2. Physical fitness has the following characteristics EXCEPT \_\_\_\_\_.

- A. strength
- B. endurance
- C. speed
- D. fatigue

The correct answer is option [D]

3. Participation in regular physical exercise helps the body to \_\_\_\_\_.

- A. be sick
- B. accumulate fat
- C. gain weight
- D. keep fit

The correct answer is option [D]

4. Fatigue can be classified into \_\_\_\_\_ and \_\_\_\_\_.

- A. physical, spiritual
- B. physical, emotional
- C. mental, strenuous

D. physical, mental

The correct answer is option [D]

5. The following are ways of acquiring physical fitness EXCEPT \_\_\_\_\_.

- A. starvation
- B. anaerobic exercises
- C. nutrition
- D. weight training

The correct answer is option [A]

6. Which of the following is NOT true about rhythmical activities?

- A. It provides music and enjoyment.
- B. It helps in the development of big muscles for games.
- C. It provides opportunities for self-expression.
- D. It helps develop physical fitness

The correct answer is option [B]

7. \_\_\_\_\_ is the ability of the muscle to continue to function for a long time despite pain or fatigue.

- A. Pain
- B. Stress
- C. Fatigue
- D. Endurance

The correct answer is option [D]

8. \_\_\_\_\_ is the ability to carry out one's daily physical activities without undue fatigue and having enough energy to cope with emergencies.

- A. Physical exercise

- B. Physical fitness
- C. Power
- D. Agility

The correct answer is option [B]

9. The following helps us to be physically fit EXCEPT \_\_\_\_\_.

- A. weight training
- B. industrial training
- C. interval training
- D. fight training

The correct answer is option [D]

10. \_\_\_\_\_ is the rate of contraction of the muscle after receiving a stimulus.

- A. Power
- B. Speed
- C. Strength
- D. Agility

The correct answer is option [B]

11. Which of the following is NOT a component of health related physical fitness?

- A. Flexibility
- B. Aerobic fitness
- C. Body composition
- D. Balance

The correct answer is option [C].

12. What is endurance?

- A. It is the ability to run for a long distance.

- B. It is the ability to work without sleep.
- C. It is the ability of the muscle to be strong.
- D. It is the ability of the muscle to continue functioning for a long time despite pain.

The correct answer is option [D]

13. Fatigue can be prevented or cured by \_\_\_\_\_ and \_\_\_\_\_.

- A. food, water
- B. rest, sleep
- C. food, rest
- D. slow music, slow dance

The correct answer is option [B]

14. The ability of a person to maintain a certain posture in a position for a long time is called \_\_\_\_\_.

- A. agility
- B. flexibility
- C. strength
- D. balance

The correct answer is option [D]

15. The following are performance-related components of physical fitness EXCEPT \_\_\_\_\_.

- A. agility
- B. balance
- C. endurance
- D. speed

The correct answer is option [C]

16. The components of health related physical fitness are

- A. cardio respiratory fitness, muscular strength, muscular endurance, flexibility and body composition
- B. hand-eye coordination
- C. spiritual, physical, emotional social, flexibility and intellectual fitness
- D. muscular and hand-eye fitness

The correct answer is option [A].

17. Which is a flexibility and agility movement?

- A. Yoga hand stand
- B. Supine arch-up
- C. Front scale
- D. All of the above

The correct answer is option [D]

18. Exercise has proven to \_\_\_\_\_.

- A. increase bone mass
- B. reduce cardiac injury during heart attack
- C. reduce the risk of diabetes
- D. all of the above

The correct answer is option [D].

19. The weariness one experiences after a period of hard work or sport is called \_\_\_\_.

- A. energy
- B. strength
- C. agility
- D. fatigue

The correct answer is option [D]

20. Aerobic metabolism takes place in the \_\_\_\_\_.

- A. cell wall
- B. nucleus
- C. mitochondrion
- D. food vacuoles

The correct answer is option [C]

21. Flexibility and agility movement includes the following EXCEPT \_\_\_\_\_.

- A. needle scale
- B. shoot through
- C. stand back
- D. arabesque

The correct answer is option [C]

## TOPIC: THE HUMAN BODY

**DIRECTION: Choose the correct answer from the lettered options.**

1. A sagittal plane is a line that divides the body into \_\_\_\_\_.

- A. two equal halves
- B. right and left halves
- C. back and front
- D. upper and lower halves

The correct answer is option [B]

2. Two types of flexibility are \_\_\_\_\_ and \_\_\_\_\_.

- A. static, immobile
- B. dynamic, static
- C. dynamic, mobile
- D. potential, kinetic

The correct answer is option [B]

3. One cause of postural defects is \_\_\_\_\_.

- A. good nutrition
- B. proper hearing
- C. good sitting posture
- D. poor vision

The correct answer is option [D]

4. Skeleton is the bony structure which gives animals rigidity and \_\_\_\_\_.

- A. support
- B. credibility
- C. elegance

D. fragility

The correct answer is option [A]

5. Muscles are attached to bones at \_\_\_\_\_ points.

A. one

B. two

C. three

D. four

The correct answer is option [B]

6. The circular movements of joints is called \_\_\_\_\_.

A. pronation

B. eversion

C. adduction

D. circumduction

The correct answer is option [D]

7. The more stationary point where a muscle is attached to a bone is known as the \_\_\_\_\_.

A. insertion

B. origin

C. beginning point

D. joint

The correct answer is option [B]

8. The following are types of movement in joints EXCEPT \_\_\_\_\_.

A. abduction

B. circumduction

- C. conversion
- D. supination

The correct answer is option [B]

9. Where two or more bones meet is called \_\_\_\_\_.

- A. ligament
- B. tendon
- C. cartilage
- D. joint

The correct answer is option [D]

10. The point where two or more bones meet is called a \_\_\_\_\_.

- A. tissue
- B. ligament
- C. joint
- D. capsule

The correct answer is option [C]

11. The following are causes of fatigue EXCEPT \_\_\_\_\_.

- A. poor health
- B. excessive noise
- C. nervousness
- D. exercise

The correct answer is option [D]

12. Movement in joints includes the following EXCEPT \_\_\_\_\_.

- A. extension
- B. bending

- C. flexion
- D. rotation

The correct answer is option [B]

13. Hunch back is also known as \_\_\_\_\_.

- A. knock knee
- B. scoliosis
- C. lordosis
- D. kyphosis

The correct answer is option [D]

14. The following involve muscle movements EXCEPT the \_\_\_\_\_.

- A. exchange of gases in the lungs
- B. blinking of the eye
- C. passage of food through the alimentary canal
- D. pumping of blood by the heart

The correct answer is option [A]

15. Which of these compounds are found in bones?

- A. Sodium
- B. Potassium
- C. Calcium
- D. Hydrogen

The correct answer is option [C]

16. Joints that can move in only one direction are called \_\_\_\_\_.

- A. ball and socket
- B. interlocking joints

- C. hinge joints
- D. symphosial joint

The correct answer is option [C]

17. Which muscle is antagonistic to the biceps muscle?

- A. Clavicle
- B. Trapezuis
- C. Deltoid
- D. Triceps

The correct answer is option [D]

18. These are types of joints EXCEPT \_\_\_\_\_.

- A. hinge
- B. linkage
- C. suture
- D. ball and socket

The correct answer is option [B]

19. The patella bone is also known as the \_\_\_\_\_.

- A. clavicle
- B. knee cap
- C. collar bone
- D. femur

The correct answer is option [B].

20. The skeleton has two parts namely \_\_\_\_\_ and \_\_\_\_\_.

- A. appendicular, exoskeleton
- B. endoskeleton, exoskeleton

- C. appendicular, axial
- D. axial, exoskeleton

The correct answer is option [C]

21. How many paired bones are in the ribs?

- A. 10
- B. 12
- C. 14
- D. 16

The correct answer is option [B]

22. The imaginary line that divides the body into right and left is known as \_\_\_\_\_ plane.

- A. transverse
- B. coronal
- C. sagittal
- D. vertical

The correct answer is option [C]

23. Which of these is NOT a postural defect?

- A. Kyphosis
- B. Scoliosis
- C. Lordosis
- D. None of the above

The correct answer is option [D]

24. The horizontal plane is also called \_\_\_\_\_.

- A. transverse plane

- B. sagittal plane
- C. vertebral plane
- D. frontal plane

The correct answer is option [A]

25. Contraction and relaxation of muscles causes \_\_\_\_\_ in the body.

- A. movement
- B. refreshment
- C. relaxation
- D. no effect

The correct answer is option [A]

26. Which of these is NOT a postural defect?

- A. Hypnosis
- B. Scoliosis
- C. Lordosis
- D. Flat foot

The correct answer is option [A]

27. The study of the functions of the different parts and organs of the human body is known as \_\_\_\_\_.

- A. biology
- B. physiology
- C. kinesiology
- D. theology

The correct answer is option [B]

28. The following are bones of the lower limbs EXCEPT \_\_\_\_\_.

- A. tarsal
- B. carpals
- C. femur
- D. patella

The correct answer is option [B]

29. These are types of bones in the human body EXCEPT \_\_\_\_\_.

- A. flat
- B. irregular
- C. joint
- D. long

The correct answer is option [C]

30. The black spot in the eye is called the \_\_\_\_\_.

- A. iris
- B. retina
- C. cornea
- D. pupil

The correct answer is option [D]

31. Which of the following is not true of good standing posture?

- A. The head is well held back
- B. The abdomen is flattened
- C. The knees are bent
- D. The back is straight

The correct answer is option [C]

32. Which of the following are joints in the body?

- A. Hinge joint
- B. Ball and socket joint
- C. Suture joint
- D. All of the above

The correct answer is option [D]

33. The vertebrate is also called \_\_\_\_\_.

- A. spinal cord
- B. back bone
- C. cranium
- D. spinal nerves

The correct answer is option [B]

34. A flexometer is an instrument used in measuring \_\_\_\_\_ flexibility.

- A. potential
- B. kinetic
- C. dynamic
- D. static

The correct answer is option [D]

35. The following are body movements EXCEPT \_\_\_\_\_.

- A. bending
- B. stretching
- C. sitting
- D. twisting

The correct answer is option [C]

36. Joints are held together by \_\_\_\_\_.

- A. liniment
- B. cartilage
- C. ligament
- D. muscles

The correct answer is option [C]

37. \_\_\_\_\_ holds joints together.

- A. Ligaments
- B. Muscles
- C. Cartilage
- D. Veins

The correct answer is option [A]

38. Joints can be classified into \_\_\_\_\_ and \_\_\_\_\_.

- A. strong, weak
- B. thick, thin
- C. moveable, immovable
- D. free, tight

The correct answer is option [C]

39. The following are functions of the muscles EXCEPT \_\_\_\_\_.

- A. blood formation
- B. body posture
- C. body contour
- D. heat production

The correct answer is option [A]

40. The following are systems in the body EXCEPT the \_\_\_\_\_ system.

- A. skeletal
- B. tissue
- C. muscular
- D. endocrine

The correct answer is option [B]

41. Correct sitting posture involves the following EXCEPT the \_\_\_\_\_.

- A. head held high
- B. feet flat on the floor
- C. lower back touching the chair
- D. back bent over

The correct answer is option [D]

42. Which of the following is a plane of the body?

- A. Frontal plane
- B. Sagittal plane
- C. Horizontal plane
- D. All of the above

The correct answer is option [D]

43. Coronal plane is also known as \_\_\_\_\_.

- A. frontal plane
- B. horizontal plane
- C. sagittal plane
- D. all of the above

The correct answer is option [A]

44. Which is NOT a kind of movement in joints?

- A. Flexion
- B. Extension
- C. Abduction
- D. Bending

The correct answer is option [D]

Bending is a body movement.

45. Which of these movements requires the bending of the trunk backward?

- A. Adduction
- B. Extension
- C. Flexion
- D. Hyper extension

The correct answer is option [B]

46. \_\_\_\_\_ is an opposition or resistance of a joint to motion.

- A. Dynamic flexibility
- B. Stiffness
- C. Static flexibility
- D. None of the above

The correct answer is option [A]

47. Factors that affect flexibility include \_\_\_\_\_.

- A. ligaments
- B. tendons
- C. skin
- D. all of the above

The correct answer is option [D]

48. Which of the following is NOT a type of propelling method in swimming?

- A. Prone glide
- B. Prone glide and kick
- C. Back glide and kick
- D. Forward glide

The correct answer is option [D]

49. Which of these is NOT a bone in the human skeleton?

- A. Atlas
- B. Deltoid
- C. Humerus
- D. Skull

The correct answer is option [B]

The deltoid is a large triangular muscle covering the shoulder joint and serving to abduct, flex, extend and rotate the arm.

50. The following bones are found in the lower limb EXCEPT \_\_\_\_\_.

- A. tarsal
- B. femur
- C. patella
- D. carpals

The correct answer is option [D]

51. Tendons attach \_\_\_\_\_ to bones.

- A. muscles
- B. tendons
- C. veins
- D. arteries

The correct answer is option [A]

52. Which of these is referred to as bones of fingers and toes?

- A. Carpals
- B. Tarsals
- C. Radius
- D. Phalanges

The correct answer is option [D]

53. Carpus and tarsus are examples of which type of bone?

- A. Short bone
- B. Long bone
- C. Irregular bone
- D. Flat bone

The correct answer is option [A]

54. The movement that occurs when the sole of the foot is turned outward is known as \_\_\_\_\_.

- A. extension
- B. inversion
- C. adduction
- D. eversion

The correct answer is option [D]

55. \_\_\_\_\_ is NOT a basic characteristic of muscles.

- A. Extensibility
- B. Elasticity
- C. Excitability
- D. Elongation

The correct answer is option [D]

56. The bone of the upper arm is called \_\_\_\_\_.

- A. radius
- B. ulna
- C. femur
- D. humerus

The correct answer is option [D]

57. Ossification is a term used to describe \_\_\_\_\_.

- A. formation
- B. fusion
- C. degradation
- D. attachment

The correct answer is option [A]

58. The bony part of the body is called \_\_\_\_\_.

- A. ligament
- B. muscle
- C. joint
- D. skeleton

The correct answer is option [D]

59. Bones meet to form a \_\_\_\_\_.

- A. ligaments
- B. muscles
- C. tendon
- D. none of the above

The correct answer is option [D]

60. Muscular movements carried out in the body include \_\_\_\_\_.

- A. thinking
- B. sleeping
- C. blinking of the eyes
- D. none of the above

The correct answer is option [C]