

# PHYSICAL HEALTH EDUCATION

FOR

Junior Secondary School

Practice Questions and Answers

# 3



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# QUESTIONS

## TOPIC: GOLF, TENNIS AND WRESTLING

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

1. In the game of golf a hole made in two strokes is called \_\_\_\_\_.
  - A. ace
  - B. deuce
  - C. bogey
  - D. par
  
2. A swing in golf is counted as a \_\_\_\_\_.
  - A. hole
  - B. strike
  - C. stroke
  - D. hit
  
3. When a player wins due to smallest number of strokes per round, it is called \_\_\_\_\_.
  - A. fast play
  - B. medal play
  - C. match play
  - D. stroke play
  
4. What year was NFA formed?
  - A. 1910
  - B. 1963
  - C. 1960
  - D. none of the above

5. In golf, shanking is the act of hitting the ball \_\_\_\_\_.

- A. too hard
- B. too soft
- C. with curves
- D. with styles

6. To win a traditional wrestling, a participant must \_\_\_\_\_.

- A. completely hold down the opponent on his back
- B. completely hold down the opponent on his belly
- C. completely hold down the opponent on his hand
- D. carry the opponent up and hold him there

7. When a player wins due to the highest number of holes in golf, it is known as \_\_\_\_\_.

- A. match play
- B. fast play
- C. medal play
- D. hole play

8. Take down in wrestling refers to \_\_\_\_\_.

- A. bringing an opponent down and gaining control over him
- B. taking an opponent down with a blow
- C. losing the game

9. How many games form a set in tennis?

- A. 4
- B. 5
- C. 6
- D. 7

10. Racket is to badminton as \_\_\_\_\_ is to golf.

- A. bat
- B. stick
- C. baton
- D. club

12. Skills in wrestling includes the following EXCEPT \_\_\_\_\_.

- A. take-down
- B. standing position
- C. break-downs and rides
- D. ruling the opponent

13. Holding an opponent's hands to the back in wrestling is referred to as \_\_\_\_\_.

- A. hammering
- B. hammerlock
- C. grapevine
- D. fall

14. The first golf championship was organized and held in \_\_\_\_\_.

- A. Scotland
- B. Poland
- C. USA
- D. Kenya

15. The act of hitting the ball too hard in golf is called \_\_\_\_\_.

- A. shanking
- B. eagle
- C. par
- D. tee

## TOPIC: PHYSICAL FITNESS AND ENERGY SOURCES DURING PHYSICAL ACTIVITIES

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

1. \_\_\_\_\_ exercises are those performed by an individual for long periods with continuous intake of oxygen.

- A. Anaerobic
- B. Aerobic
- C. Endurance
- D. Weight training

2. The breakdown of glycogen produces \_\_\_\_\_ and energy.

- A. ATP
- B. ADP
- C. pyruvic acid
- D. lactic acid
- E. ADT

3. The following are anaerobic exercises EXCEPT \_\_\_\_\_.

- A. sprints
- B. jumps
- C. marathons
- D. the use of weights

4. The process of using weights to achieve physical fitness is known as \_\_\_\_\_.

- A. weight training
- B. circuit training
- C. nutrition
- D. anaerobic exercise

5. Weight training exercises include the following EXCEPT \_\_\_\_\_.

- A. bench press
- B. squats
- C. press-ups
- D. arm curls

6. \_\_\_\_\_ is a kind of fitness.

- A. Endurance
- B. Physique
- C. Power
- D. Agility

7. The energy used during physical activities is in the form of \_\_\_\_\_.

- A. ADP
- B. ATP
- C. DNA
- D. NDA

8. If an individual runs a series of five 400m races and rests for five to ten minutes in between the races, what conditioning activity is this?

- A. Aerobic exercises
- B. Weight training
- C. Interval training
- D. Circuit training

9. Circuit training exercises are useful in development of \_\_\_\_\_.

- A. flexibility
- B. balance
- C. endurance
- D. all of the above



10. \_\_\_\_\_ exercises are those performed by an individual for a very short time without continuous intake of oxygen.

- A. Anaerobic
- B. Aerobic
- C. Short distance
- D. None of the above

11. Weight training can be used to achieve \_\_\_\_\_.

- A. increase in speed
- B. endurance
- C. muscular strength
- D. all of the above

12. A programme of physical exercises in which the individual rests in between performances is called \_\_\_\_\_.

- A. interval training
- B. circuit training
- C. aerobic exercises
- D. none of the above

13. Round shoulders and hunchback are other names for \_\_\_\_\_.

- A. bowlegs
- B. lordosis
- C. kyphosis
- D. scoliosis

14. Circuit training exercises include the following EXCEPT \_\_\_\_\_.

- A. running
- B. press-up
- C. high jump
- D. sit-up

15. The special part of the cell where aerobic metabolism takes place is known as \_\_\_\_\_.

- A. nucleus
- B. artery
- C. lungs
- D. mitochondria

## TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

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

1. Competitive programmes and activities organised within the four walls of an institution are called \_\_\_\_\_ activities.

- A. inter-house
- B. intramural
- C. extramural
- D. none of the above

2. The British Empire Game is the former name for \_\_\_\_\_.

- A. World cup
- B. Nations cup
- C. Commonwealth games
- D. All Africa games

3. What is the full meaning of N.S.F?

- A. National Shipping Ferries
- B. National Shoppers Federation
- C. National Sports Festival
- D. National Sports Football

4. Which of the following persons is NOT a pioneer of physical education in Nigeria?

- A. Adedeji .T.A
- B. Oliseh .S
- C. Ekperigin .H.J
- D. Funsho .A

5. Which of the following is NOT an aerobic exercise?

- A. Marathons
- B. 1500m race
- C. 5000m race
- D. sprint

6. The first Commonwealth games took place in the year

- A. 1920
- B. 1930
- C. 1940
- D. 1950

7. When hygiene rules are kept, it helps \_\_\_\_\_.

- A. maintain safety on the road
- B. transmit diseases and infection
- C. prevent diseases and infections
- D. prevent injuries

8. Which country hosted the first Commonwealth games?

- A. France
- B. South Africa
- C. England
- D. Canada

9. Physical Education activities carried out in the forest area of Nigeria include \_\_\_\_\_.

- A. climbing of trees and hills
- B. moonlight games for boys and girls
- C. hide and seek games for children
- D. all of the above

10. Which of the following is a classification of bone according to their shapes?

- A. Flat bone
- B. Short bone
- C. Irregular bone
- D. All of the above

11. Germans' contribution towards physical education came through the following EXCEPT \_\_\_\_\_.

- A. Adolph Spices
- B. Fredrick Ling
- C. Friedrich Ludwig
- D. Johann Bernhard

12. Who abolished the Olympic games?

- A. Emperor Caesar
- B. Byzantine Emperor Theodosius
- C. Byzantine Emperor Herald
- D. Byzantine Obasanjo

13. Pentathlon consists of \_\_\_\_\_ games.

- A. 4
- B. 5
- C. 6
- D. 7

14. Physical Education activities carried out in the forest area of Nigeria include \_\_\_\_\_.

- A. climbing of trees and hills
- B. moonlight games for boys and girls
- C. hide and seek games for children
- D. all of the above

15. The father of Physical Education in Nigeria is \_\_\_\_\_.

- A. Henrik Ling
- B. Archibald Macleran
- C. Harding Ekperigin
- D. None of the above

16. All are games involving the use of balls EXCEPT \_\_\_\_\_.

- A. hockey
- B. tenniquiot
- C. soccer
- D. cricket

17. The first All Africa games took place in \_\_\_\_\_.

- A. Italy
- B. Spain
- C. France
- D. none of the above

18. Which of these is NOT an effect of alcohol on sporting performance?

- A. reduced oxygen carrying ability
- B. dehydration
- C. slow reaction time
- D. reduced co-ordination

## TOPIC: PLANES OF THE HUMAN BODY

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

1. The meeting point of the three major planes of the body is the \_\_\_\_\_ of the body.

- A. focal point
- B. centre of gravity
- C. meeting point
- D. central area

2. The special part of the cell where aerobic metabolism takes place is known as \_\_\_\_\_.

- A. nucleus
- B. artery
- C. lungs
- D. mitochondria

3. Which one of the following planes divides the body into two halves?

- A. Frontal plane
- B. Vertical plane
- C. Sagittal plane
- D. Horizontal plane

4. \_\_\_\_\_ is a type of plane of the human body.

- A. Endomorph
- B. Ectomorph
- C. Sagittal
- D. Superior

5. The body plane that describes from the left to the right side of the body is referred to as \_\_\_\_\_.

- A. sagittal plane
- B. back plane
- C. frontal plane
- D. vertical plane

6. The imaginary levels and flat surfaces through which human movement can be described is called \_\_\_\_\_.

- A. planes of the human body
- B. lines in the human palm
- C. level of heart beat
- D. posture

7. The three major planes of the body are at right angles to one another.

- A. True
- B. False

8. Another name for frontal plane is \_\_\_\_\_ plane.

- A. coronal
- B. sagittal
- C. anteroposterior
- D. median

9. A soccer player needs strength, \_\_\_\_\_ as ingredients for physical fitness.

- A. endurance and flexibility
- B. medicine and bath
- C. flexibility and medicine



10. The process of gradually adjusting to working at higher altitudes is known as \_\_\_\_\_.

- A. accommodation
- B. acclimatization
- C. adjustment
- D. none of the above

11. The following are different planes of the human body EXCEPT \_\_\_\_\_ plane.

- A. frontal
- B. curve
- C. sagittal
- D. horizontal

## TOPIC: INTERNATIONAL SPORTS COMPETITIONS

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

1. Nigeria made its first appearance in Olympics in \_\_\_\_\_.
  - A. Helsinki
  - B. America
  - C. India
  - D. Canada
  
2. Nigeria became a member of the Olympic movement in \_\_\_\_\_.
  - A. 1957
  - B. 1950
  - C. 1951
  - D. 1952
  
3. The most important thing in the Olympic games is not to win but to take part, just as the most important is not the triumph but the struggle. This is the \_\_\_\_\_.
  - A. Olympic motto
  - B. Olympic creed
  - C. Olympic oath
  - D. Olympic anthem
  
4. "In the name of all competitors, I promise that we would take part in this Olympic games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sports and the honour our teams". This is the \_\_\_\_\_.
  - A. Olympic motto
  - B. Olympic creed
  - C. Olympic oath
  - D. Olympic anthem
  
5. In the Olympic motto, what is the meaning of "Fortius".

- A. bigger
- B. faster
- C. stronger
- D. taller

6. FIFA was formed in the year \_\_\_\_\_.

- A. 1314
- B. 1904
- C. 1992
- D. 1967

7. Which of the following serves as an instrument for promoting international unity and peace?

- A. Nigerian police
- B. Universities
- C. International airport
- D. Sports

## TOPIC: EFFECTS OF THE ENVIRONMENT ON THE HUMAN BODY

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

1. \_\_\_\_\_ are muscle pains which result from excessive loss of salts through sweating as exercises are performed in very hot weather.
  - A. Heat cramps
  - B. Muscle strain
  - C. Muscle shiver
  - D. Acclimatization
  
2. In cold environments, muscle contraction helps conserve \_\_\_\_\_.
  - A. cold
  - B. heat
  - C. sweat
  - D. energy
  
3. Muscle pain due to excessive loss of salts through sweating occurs when exercise is performed in \_\_\_\_\_ weather.
  - A. cool
  - B. warm
  - C. very cold
  - D. very hot
  
4. In a \_\_\_\_\_ environment, there is a slight closure of blood vessels in the skin causing a reduction in the flow of warm blood to other parts of the body.
  - A. wet
  - B. hot
  - C. warm
  - D. cold

5. In cold environments, shivering leads to the production of \_\_\_\_\_.

- A. sweat
- B. heat
- C. sound
- D. cold

6. \_\_\_\_\_ is the process of gradual adjustment to working at higher altitudes.

- A. Relaxation
- B. Resting
- C. Acclimatization
- D. Walking

7. The recommended daily sleep requirement for new born infants is \_\_\_\_\_.

- A. 12hr
- B. 20-22hr
- C. 8-10hr
- D. 7-9hr

## TOPIC: BODY MECHANICS AND FUNCTIONS

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

1. \_\_\_\_\_ in swimming is the ability of a swimmer to apply sufficient force on the water to enable hands and legs movement.

- A. Strength
- B. Mobility
- C. Flexibility
- D. Endurance

2. Endurance activities in exercising includes all of the following EXCEPT \_\_\_\_\_.

- A. press-ups
- B. sit-ups
- C. squat leaps
- D. arm circling

3. Exercising for endurance ensures that the \_\_\_\_\_.

- A. player can continue to play a long time
- B. player can only play for a very short while
- C. player can attain a certain score

4. Which of the following sports require more stamina?

- A. Marathon race
- B. Sprint race
- C. High jump
- D. Baseball

5. Swimmers must possess \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ qualities in order to be successful.

- A. mobility, kindness, independence
- B. a good appetite, flexibility, speed
- C. mobility, strength, endurance
- D. none of the above

6. A soccer player needs strength, \_\_\_\_\_ as ingredients for physical fitness.

- A. endurance and flexibility
- B. medicine and bath
- C. flexibility and medicine

7. Sit-up exercise helps to \_\_\_\_\_.

- A. strengthen the abdominal and trunk muscles
- B. strengthen the femur and carpas
- C. enlarge the chest and spine
- D. enlarge the arm muscles

8. The knee bend exercise is for developing the \_\_\_\_\_.

- A. toe and calf
- B. leg and calf muscles
- C. shoulder and finger

9. \_\_\_\_\_ in swimming is defined as the ability to use the limbs through the full range of movement.

- A. Endurance
- B. Mobility
- C. Strength
- D. All of the above

10. A basketball player needs plenty of \_\_\_\_\_ which can be developed by sprinting.

- A. food
- B. drink
- C. dieting
- D. speed



## TOPIC: AQUATIC SPORTS

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

1. Which of the following is a basic swimming skill?
  - A. The back stroke
  - B. The leg stroke
  - C. The dancing stroke
  - D. The clapping stroke
  
2. The swimming stroke that best adopts the natural form of breathing is the \_\_\_\_\_.
  - A. side stroke
  - B. front crawl
  - C. breast stroke
  - D. back crawl
  
3. Which one of the following is not a basic swimming stroke?
  - A. Back stroke
  - B. Glide stroke
  - C. Breast stroke
  - D. Butterfly stroke
  
4. In which of the following strokes is the leg action likened to the opening and closing of a pair of scissors?
  - A. Side stroke
  - B. Back stroke
  - C. Middle stroke
  - D. Glide stroke

5. The following are safety rules for swimmers EXCEPT \_\_\_\_\_.

- A. learners should always stay at the shallow end of the pool
- B. splash water over the body when going into cold water
- C. learners should not engage in any other activity in the pool
- D. use the pool when the life guard is not around

6. Aquatics are \_\_\_\_\_.

- A. water polo
- B. swimming
- C. water game and sports
- D. canoeing
- E. Football games

7. Swimming is an \_\_\_\_\_ sport.

- A. racket
- B. aquatic
- C. ball
- D. speed

8. During swimming, each swimmer must remain in his or her lane throughout the race.

- A. True
- B. False

9. Aquatic sports takes place in \_\_\_\_\_.

- A. field
- B. water
- C. lane
- D. street

10. The following sports are done on water EXCEPT \_\_\_\_\_.

- A. boating
- B. sailing
- C. water skiing
- D. water capping

11. Aquatic events includes the following EXCEPT \_\_\_\_\_.

- A. boating
- B. shipping
- C. canoeing
- D. water skiing

12. \_\_\_\_\_ is another name for face float.

- A. Prone or dead man's float
- B. Tuck or prone float
- C. Dead man's or tuck float
- D. Back or prone float

The correct answer is option [A]

13. The leg action in back stroke is the reverse of the leg action in the \_\_\_\_\_.

- A. back crawl
- B. front crawl
- C. breast stroke
- D. side stroke

14. Which of these is an aquatic game?

- A. Water rounder
- B. Soccer
- C. Table tennis
- D. Water polo

15. The following rules of hygiene should be observed by all swimmers EXCEPT \_\_\_\_\_.

- A. do not chew or eat in the pool
- B. do not urinate or spit in the pool
- C. take a bath with soap before entering the pool
- D. stay in the shallow end of the pool

16. Which of the following is NOT an official in swimming?

- A. Starter
- B. Take-off Judge
- C. Stewards
- D. None of the above

17. Which of the following is an aquatic sport?

- A. Wrestling
- B. Dancing
- C. Swimming
- D. Juggling

## TOPIC: ARCHERY

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

1. Competitive archery involves shooting arrows at a target for \_\_\_\_\_ from a set distance.

- A. fitness
- B. distance
- C. strength
- D. accuracy

2. Archers shoot \_\_\_\_\_ number of arrows in an end.

- A. six
- B. two
- C. four
- D. eight

3. Which of the following equipment is needed for archery?

- A. Bow
- B. Arrow
- C. Armguard
- D. All of the above

4. Modern competitive target archery is often governed by the \_\_\_\_\_.

- A. Federation of Archery Sports
- B. International Archery Federation
- C. international Federation of Archery
- D. International Archery Systems

5. The competitive archery that involves shooting arrows at a target for accuracy from a set distance is called \_\_\_\_\_

- A. target archery
- B. bow fishing
- C. bow hunting
- D. bow string

6. An expert archer is sometimes called \_\_\_\_\_.

- A. an archer
- B. a bowman
- C. a shooter
- D. a toxophilite

7. Which of these is NOT relevant to the game of archery?

- A. Bracing of bow
- B. Firing at a target
- C. Shooting with bow and arrow
- D. Shooting with catapult

8. The bow and arrow game can be called \_\_\_\_\_.

- A. Olympics
- B. target
- C. aiming game
- D. archery

9. To load in the sport of archery, the bow should point \_\_\_\_\_.

- A. to the ground
- B. towards the sky
- C. to the left
- D. to the right
- E. all of the above

10. The \_\_\_\_\_ is a container for holding arrows, usually worn around the waist.

- A. quiver
- B. belt
- C. satchel
- D. arrows

11. All bows, whether historic or modern must consist of \_\_\_\_\_.

- A. glass
- B. strings
- C. paper
- D. metal

12. Which of the following is NOT an equipment used in archery?

- A. Finger tab
- B. Chestguards
- C. Bow string
- D. Racket

13. \_\_\_\_\_ is another name for archery.

- A. Toxophily
- B. Taxonomy
- C. Shooting

14. To load in the sport of archery, the bow should point \_\_\_\_\_.

- A. to the ground
- B. towards the sky
- C. to the left
- D. to the right
- E. All of the above

15. The use of archery to take game animal is known as \_\_\_\_\_.

- A. archer hunting
- B. archery hunting
- C. bow hunting
- D. archery game

16. To shoot an arrow, an archer must first \_\_\_\_\_.

- A. assume the correct stance
- B. purchase a strong bow
- C. purchase a strong arrow
- D. use a self-bow

17. A person practicing archery is called \_\_\_\_\_.

- A. a firer
- B. a shooter
- C. a bower
- D. an archer

18. Another name for an archer is \_\_\_\_\_.

- A. a shooter
- B. a bowman
- C. bower
- D. arrower

19. Archery first appeared in the Olympic games in \_\_\_\_\_.

- A. 1700
- B. 1800
- C. 1900
- D. 2000



20. How many archery events are there in the Olympics?

- A. 1
- B. 2
- C. 3
- D. 4

21. A nock is \_\_\_\_\_.

- A. a container for holding arrows, usually worn around the waist
- B. the attachment on the rear end of an arrow that holds it in place on the bowstring
- C. a weight mounted on the bow to stabilize it during and after a shot

22. Archery has historically been used in \_\_\_\_\_.

- A. swimming
- B. drawing
- C. hunting
- D. climbing

## TOPIC: ATHLETICS

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

1. \_\_\_\_\_ is not a multi-event in athletics.
  - A. Heptathlon
  - B. Octagon
  - C. Decathlon
  - D. Pentathlon
  
2. If a marathon is run 42.195km, how many miles is that?
  - A. 26.2 miles
  - B. 36.2 miles
  - C. 46.2miles
  - D. 16.2 miles
  
3. Which of these events is not a relay event?
  - A. 4 x 800m
  - B. 4 x 100m
  - C. 4 x 400m
  - D. 4 x 60m
  
4. Which of these events is not a jumping event?
  - A. Long jump
  - B. Triple jump
  - C. High jump
  - D. Javelin throw

5. Marathon is best described as \_\_\_\_\_.  
A. road running  
B. relay  
C. middle distance  
D. long distance
6. An official in athletics called a runner functions as \_\_\_\_\_.  
A. relay runner  
B. messenger  
C. field runner  
D. none of the above
7. Which of these track events is defined as 'middle distance'?  
A. 800m - 3000m  
B. 4000m - 5000m  
C. 1500m - 1000m  
D. 200m - 3000m
8. The officials in athletic competitions include \_\_\_\_\_.  
A. fans  
B. observer  
C. umpire  
D. ring bearer
9. Which of the following is an athletic official?  
A. Athletes  
B. Spectators  
C. Flag bearers  
D. Clerk of course

10. Which of the following race ran at 3000 metres sees runners jump water and negotiate barriers?

- A. Hurdling
- B. Relay
- C. Steeplechase
- D. Road running

11. The following are objectives of extramural activities EXCEPT \_\_\_\_\_.

- A. to provide opportunities for gifted students to develop high performance levels
- B. to learn how to win with pride
- C. to learn how to lose gracefully
- D. to motivate students to exercise

12. Which of the following is not a throwing event?

- A. Javelin throw
- B. Shot putt
- C. Pole vault
- D. Hammer

13. \_\_\_\_\_ is defined as a practice of physical exercises and sports, especially under competition.

- A. Match
- B. Soccer
- C. Athletics
- D. Gymnastics

14. The 5000 metres and 10,000 metres event are classified as \_\_\_\_\_.

- A. long distance
- B. broad running
- C. relay
- D. hurdling

15. Sports programmes played outside the school are known as \_\_\_\_\_ activities.

- A. intramural
- B. intermural
- C. exomural
- D. extramural

16. Which of these events is run in competition at distances of 10, 20, and 50 kilometers?

- A. Race walking
- B. Relay
- C. Marathon
- D. Shot putt

17. One function of a steward in athletics is to \_\_\_\_\_.

- A. officiate the game
- B. keep charge of all the equipment
- C. collect tickets from guests and invitees
- D. all of the above

18. Values of extramural activities include the following EXCEPT \_\_\_\_\_.

- A. it gives opportunities for students to win by all means
- B. it develops physical fitness
- C. it gives opportunities for students to excel in sports
- D. it gives opportunities for recognition

19. One value of intramural activities is that \_\_\_\_\_.

- A. it does not provide recreational experiences
- B. it develops physical fitness and mental alertness
- C. it does not offer new opportunities for participation in physical education
- D. none of the above

## TOPIC: DIGESTIVE SYSTEM

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

1. The function of the teeth includes the following EXCEPT \_\_\_\_\_.
  - A. cutting
  - B. tearing
  - C. digesting
  - D. chewing
  
2. Mastication is an example of \_\_\_\_\_.
  - A. assimilation
  - B. absorption
  - C. chemical breakdown
  - D. mechanical breakdown
  
3. Which of these are rich in carbohydrates?
  - A. Fruits and water
  - B. Plantain and meat
  - C. Egg and bread
  - D. Rice and yam
  
4. What food source serves as the body's building blocks?
  - A. Proteins
  - B. Fats
  - C. Carbohydrates
  - D. Vitamins

5. Protein can be derived from the following EXCEPT \_\_\_\_\_.

- A. fish
- B. beans
- C. rice
- D. meat

6. Digestion of carbohydrate begins in the \_\_\_\_\_.

- A. mouth
- B. stomach
- C. small intestine
- D. large intestine

7. Glycogen is for carbohydrate as \_\_\_\_\_ is for protein.

- A. urea
- B. alanine
- C. triglyceride
- D. maltose

8. The digestion of proteins starts in the \_\_\_\_\_.

- A. mouth
- B. stomach
- C. duodenum
- D. jejunum

9. Fat is stored as \_\_\_\_\_.

- A. alanine
- B. glycerol
- C. glycogen
- D. lactic acid



10. The end product of fat is \_\_\_\_\_.

- A. glucose
- B. glycogen
- C. amino acid
- D. triglyceride

11. Glucose is the smallest unit of \_\_\_\_\_.

- A. proteins
- B. carbohydrate
- C. minerals
- D. vitamins

12. Extra sugars in the body are stored in the \_\_\_\_\_.

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

13. The enzyme that acts first on carbohydrate is called \_\_\_\_\_.

- A. ptyalin
- B. maltose
- C. sucrose
- D. succus intercus

14. Before the body can use simple carbohydrates, they must first be broken down into \_\_\_\_\_.

- A. fructose
- B. sucrose
- C. galactose
- D. glucose

15. Amino acids are the smallest units of \_\_\_\_\_.

- A. proteins
- B. carbohydrate
- C. fats
- D. vitamins

16. The digestion of fats begins in the \_\_\_\_\_.

- A. duodenum
- B. stomach
- C. mouth
- D. rectum

17. The smallest units of carbohydrates is \_\_\_\_\_.

- A. glycerol
- B. glycogen
- C. amino acid
- D. glucose

18. The following are organs of the digestive system EXCEPT \_\_\_\_\_.

- A. mouth
- B. pharynx
- C. larynx
- D. esophagus

19. The following are food sources for carbohydrates EXCEPT \_\_\_\_\_.

- A. vegetables
- B. fruits
- C. sugars
- D. soy

20. Digestion of proteins actually begins in the \_\_\_\_\_.

- A. duodenum
- B. stomach
- C. mouth
- D. oesophagus

21. Which class of food digests in the small intestine?

- A. Minerals
- B. Fats
- C. Proteins
- D. Carbohydrates

22. The end product of carbohydrate is \_\_\_\_\_.

- A. glucose
- B. glycerol
- C. fats and oil
- D. glycogen

23. The smallest units of carbohydrates are \_\_\_\_\_.

- A. glycogen
- B. amino acids
- C. glucose
- D. glycerol

24. The following are digestive organs EXCEPT \_\_\_\_\_.

- A. rectum
- B. oesophagus
- C. pancreas
- D. larynx

25. \_\_\_\_\_ is the name given to a collection of enzymes that aid digestion in the small intestine.

- A. Succus entericus
- B. Sucrose
- C. Ptyalin
- D. Chyme

26. The digestive tract is also known as \_\_\_\_\_ canal.

- A. respiratory
- B. abdominal
- C. alimentary
- D. intestinal

27. The teeth performs the following functions EXCEPT \_\_\_\_\_.

- A. digesting
- B. chewing
- C. tearing
- D. grinding

## TOPIC: DISEASES AND IMMUNISATION

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

1. Examples of insect-borne diseases includes the following EXCEPT \_\_\_\_\_.

- A. sleeping skill
- B. sand-fly fever
- C. filariasis
- D. elephantiasis

2. \_\_\_\_\_ is a parasite that can be transmitted by animals.

- A. Body lice
- B. Flies
- C. Cockroaches
- D. Ants

3. \_\_\_\_\_ is an airborne disease caused by bacteria.

- A. Measles
- B. Mumps
- C. Tuberculosis
- D. Common cold

4. Smallpox is a disease caused by \_\_\_\_\_.

- A. malaria
- B. a virus
- C. a fungi
- D. fever

5. \_\_\_\_\_ is an example of insect borne disease transmitted by tse-tse fly.

- A. Green flies
- B. Malaria
- C. Drowsiness
- D. Sleeping sickness

6. Which of the following disease can be contacted through cuts, wounds or bites?

- A. Ringworm
- B. Malaria
- C. Typhoid
- D. Fever

7. Dust infection are caused by \_\_\_\_\_.

- A. breathing in dust that contains spittle of an infected person
- B. drinking water that has salt in it
- C. drinking contaminated water

8. Water is boiled before drinking to ensure that \_\_\_\_\_.

- A. all causative agents like bacteria are killed
- B. it is sweet to drink
- C. it is bright and clear
- D. the water is beautiful

9. The mouth is covered with a handkerchief when sneezing to avoid \_\_\_\_\_.

- A. coughing into the air
- B. inhaling fresh air
- C. being healthy

10. The disease vector for yellow fever is \_\_\_\_\_.

- A. mosquito
- B. housefly
- C. sunflower
- D. tse-tse fly

11. A \_\_\_\_\_ disease is one that is spread by a direct body contact with the infected person.

- A. contact
- B. dreaded
- C. water-borne
- D. breathing

12. When someone sneezes \_\_\_\_\_ is blown into the air.

- A. viral
- B. bacteria
- C. HIV
- D. eczema

13. \_\_\_\_\_ is another way of describing malnutrition.

- A. Poor bathing
- B. Poor feeding
- C. Poor hygiene
- D. Poor dressing

14. Diseases caused by insect vectors are referred to as \_\_\_\_\_.

- A. water-borne diseases
- B. insect borne diseases
- C. fire borne diseases
- D. air-borne diseases

15. Which of the following is true about natural passive immunity?
- A. An individual make his own antibodies after he gets the disease.
  - B. A child makes his antibodies after receiving a vaccine.
  - C. A child gets his antibodies from his mother while in the womb.
  - D. None of the above
16. Diseases that are transmitted from contaminated water are called \_\_\_\_\_.
- A. airborne disease
  - B. food diseases
  - C. water borne diseases
17. \_\_\_\_\_ is a disease transmitted by mosquitoes.
- A. Sleeping sickness
  - B. Malaria
  - C. Fever
  - D. Fibroid
18. \_\_\_\_\_ is a disease caused by a virus.
- A. Pneumonia
  - B. Scarlet fever
  - C. Cough
  - D. Chicken-pox
19. What kind of drugs should one take when infected with malaria?
- A. Anti-malaria drugs
  - B. Pain relieve drugs
  - C. Anti-biotics
  - D. Anti-inflammatory drugs



20. Which of the following is not a parasite transmitted by animal?

- A. Flea
- B. Body lice
- C. Head lice
- D. Mosquito

21. Examples of deficiency diseases among children include \_\_\_\_\_

- A. marasmus
- B. kwashiorkor
- C. scurvy
- D. all of the above

22. The disease vector for elephantiasis is \_\_\_\_\_.

- A. mosquito
- B. guinea worm
- C. bats
- D. soldier ants

23. One can prevent insect borne disease by \_\_\_\_\_.

- A. covering the body with clothe to avoid insect bites
- B. exposing the body to insect bite
- C. allowing insects to breed
- D. allowing stagnant water in the environment

24. The disease vector for filaraisis is \_\_\_\_\_.

- A. plasmodium
- B. mosquito
- C. flies
- D. tse tse flies

25. When an individual drinks water containing a bacteria, it could lead to all of the following EXCEPT \_\_\_\_\_.

- A. cholera
- B. typhoid fever
- C. poliomyelitis
- D. diarrhea

26. The causative agents of airborne diseases can reach a person through \_\_\_\_\_.

- A. dust and droplet
- B. water and food
- C. dust and water
- D. droplet and food

## TOPIC: FIRST AID

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

1. Gauze in first aid is used for \_\_\_\_\_.
  - A. dressing
  - B. clothing
  - C. drying
  - D. cleaning
  
2. Bleeding can be arrested by \_\_\_\_\_.
  - A. indirect pressure
  - B. direct pressure
  - C. all of the above
  - D. none of the above
  
3. When normal breathing is difficult or impossible, the method of passing air into the lungs is known as \_\_\_\_\_.
  - A. automatic respiration
  - B. artificial respiration
  - C. manual respiration
  - D. none of the above
  
4. First aid for contusion or bruises is aimed at \_\_\_\_\_.
  - A. stopping the pain
  - B. increasing air supply
  - C. covering the wound
  - D. stopping the bleeding

5. Which of the following is NOT an unsafe environment where accidents can occur?

- A. Slippery surroundings
- B. Sharp objects littered around
- C. Properly ventilated environment
- D. Poorly constructed building

6. Which of the following is NOT a quality of a good first aider?

- A. He has a good theoretical knowledge of what first aid is all about.
- B. He is efficient.
- C. He should not be able to use words of encouragement and reassurance.
- D. He is very organised.

7. Which of the following is a type of artificial respiration?

- A. Mouth to nose
- B. Mouth to ear
- C. Nose to nose
- D. Internal cardiac massage

8. Sharp pointed instruments will most likely cause \_\_\_\_\_ wounds.

- A. stab
- B. contused
- C. abrasion
- D. incised

9. \_\_\_\_\_ is the emergency skilled treatment carried out on the occurrence of an accident or in the case of sudden illness before medical aid is provided.

- A. Temporary cure
- B. First aid
- C. Emergency approach
- D. None of the above

10. Bleeding that occurs after the actual injury is known as \_\_\_\_\_.

- A. secondary bleeding
- B. primary bleeding
- C. vitamin K deficiency
- D. none of the above

11. Which of the following is a golden rule of first aid?

- A. Ensure that there is no further danger to the casualty or to yourself.
- B. Stop all bleeding.
- C. If breathing stops, give artificial respiration.
- D. All of the above.

12. The following are ergogenic aids EXCEPT \_\_\_\_\_.

- A. food supplements
- B. drugs
- C. exercise
- D. stimulants

13. Why should first aid be given to a casualty?

- A. To prevent further injury or complication.
- B. To sustain the life of the casualty
- C. To prevent the condition from becoming worse
- D. All of the above

14. Which of the following is NOT a use of bandage in first aid?

- A. Dressing wounds
- B. Holding splints in position
- C. Cleaning the wound
- D. Forming slings

15. Signs and symptoms of fracture include \_\_\_\_\_.

- A. swelling around the fracture
- B. pains around the stomach
- C. swelling in the thigh
- D. none of the above

16. Which of the following CANNOT be found in a first aid box?

- A. Paracetamol
- B. Cotton wool
- C. Antiseptic
- D. Hot water

17. Kinds of fractures include \_\_\_\_\_ fracture.

- A. complicated
- B. comminuted
- C. Green stick
- D. all of the above

18. First aid kits are needed in \_\_\_\_\_ for use during emergencies.

- A. homes
- B. public centres
- C. vehicles
- D. all of the above

19. Pressure points of the body includes all of the following EXCEPT \_\_\_\_\_ artery.

- A. femoral
- B. radial
- C. facial
- D. muscular

20. What is the use of a thermometer?

- A. It is used to treat fever.
- B. It is used to determine the weather.
- C. It is used to identify wounds.
- D. It is used to determine temperature.

21. First aid treatment for burns and scars is aimed at \_\_\_\_\_.

- A. getting rid of residual heat
- B. controlling shock
- C. preventing infection
- D. all of the above

22. In first aid, glucose powder is given for \_\_\_\_\_.

- A. strength when exhausted after fainting
- B. good sight
- C. bleeding control
- D. good teeth

23. Paracetamol in first aid is used to \_\_\_\_\_.

- A. relieve fever and head aches
- B. stop bleeding
- C. dress wound
- D. none of the above

## TOPIC: SPORTS INJURIES AND FIRST AID

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

1. When a bone is broken and cuts the skin, it is called \_\_\_\_\_ fracture.
  - A. comminute
  - B. compound
  - C. green stick
  - D. multiple
  
2. A \_\_\_\_\_ is one in which the bone is completely broken, separated and exposed.
  - A. dislocation
  - B. sprain
  - C. simple fracture
  - D. compound fracture
  
3. The following are types of fractures EXCEPT \_\_\_\_\_.
  - A. compound
  - B. green stick
  - C. immovable
  - D. multiple
  
4. What causes cramps?
  - A. Impaired circulation
  - B. Excessive loss of salt and body fluid
  - C. Vigorous muscle use
  - D. None of the above



5. A fracture is caused by \_\_\_\_\_.  
A. a sudden tightness of the muscle  
B. the bending or twisting of a joint  
C. the collision of the body with another bone or by a heavy fall  
D. standing for two long
6. Which is an injury during sports?  
A. Pimples  
B. Rashes  
C. Boils  
D. None of the above
7. A wound is said to be \_\_\_\_\_.  
A. fracture  
B. an open flesh  
C. a broken bone  
D. sprained joint
8. These are common injuries in sports EXCEPT \_\_\_\_\_.  
A. concussions  
B. contusions  
C. cautions  
D. cuts and abrasions
9. Sports injuries can be prevented in the following ways EXCEPT \_\_\_\_\_.  
A. skill training  
B. proper conditioning  
C. adequate kitting of players  
D. none of the above

10. Dislocation, sprain, strain, bruises and cramps are \_\_\_\_\_ injuries.

- A. sports
- B. major
- C. minor
- D. ordinary

11. Muscle cramp is another name for \_\_\_\_\_.

- A. sprain
- B. strain
- C. dislocation
- D. concussion

12. The following are classes of joints of the human body EXCEPT \_\_\_\_\_.

- A. freely moving joint
- B. immovable joint
- C. slightly movable joint
- D. double movable joint

13. Which of the following is found in a first aid box?

- A. hammer
- B. mirror
- C. bandage
- D. nails

14. A person that gives immediate assistance to an injured person is called \_\_\_\_\_.

- A. friend
- B. doctor
- C. first aider
- D. nurse

15. The difference between a dislocation and a sprain is that \_\_\_\_\_.
- A. in a sprain, the supporting structures of the affected joint are displaced
  - B. in a sprain, the supporting structures of the affected joint are not displaced
  - C. in a dislocation, the supporting structures of the affected joint are not displaced
  - D. there is no difference
16. A displacement of bone can also be called \_\_\_\_\_.
- A. dislocation
  - B. strain
  - C. fracture
  - D. bruise
17. A displacement of bone is known as \_\_\_\_\_.
- A. sprain
  - B. strain
  - C. dislocation
  - D. fracture
18. Dislocation is \_\_\_\_\_.
- A. broken bone
  - B. displacement of bone
  - C. cracked bone
  - D. bruise
19. First aid for muscle strain involves the use of \_\_\_\_\_.
- A. ice packs
  - B. pressure bandage
  - C. light massage
  - D. all of the above

20. Which of these is NOT a common injury in sports and games?

- A. fracture
- B. dislocation
- C. vomiting
- D. strain

21. What are sprains?

- A. It is an injury that occurs when there is a forceful twisting of the joints.
- B. It is an injury of the joint in which the body is forced to bend beyond its limits of movement.
- C. Sudden tightness of the muscle.
- D. None of the above.

22. When bones are displaced at the joint, it is known as \_\_\_\_\_.

- A. fracture
- B. dislocation
- C. broken bone
- D. sprain

23. Injury caused by dry heat is called \_\_\_\_\_.

- A. scald
- B. burn
- C. wound
- D. sprain

24. A person that gives first aid is NOT usually \_\_\_\_\_.

- A. tactful
- B. carefree
- C. cheerful
- D. resourcefulness

25. Which of these methods is NOT a treatment for wounds?

- A. Stop the bleeding.
- B. Wash the wound.
- C. Close the patients nose.
- D. Dress the wound.

26. An injury associated with sprinting event is \_\_\_\_\_.

- A. muscle strains of the hamstrings and calf
- B. malaria parasite infection
- C. bruises and laceration of the face
- D. tearing of the muscles of the back

27. Sports injuries can be prevented in the following ways EXCEPT \_\_\_\_\_.

- A. skill training
- B. obedience to the rule
- C. adequate kitting of player
- D. adequate food

28. As someone that gives first aid, which of the following injuries would need attention first?

- A. Bleeding
- B. Cramp
- C. Fracture
- D. Respiratory failure

29. A fracture is known as a \_\_\_\_\_ bone.

- A. broken
- B. cracked
- C. whole
- D. sprained

30. Sport injuries include the following EXCEPT \_\_\_\_\_.

- A. rashes
- B. bruise
- C. abrasion
- D. fracture

31. Which of the following injury occurs to the muscle during sporting events?

- A. Strain
- B. Sprain
- C. Fracture
- D. Dislocation

32. The following injuries are likely to occur when two players collide EXCEPT \_\_\_\_\_.

- A. sprains
- B. contusion
- C. cramps
- D. dislocation

33. The following are types of open wounds EXCEPT \_\_\_\_\_.

- A. abrasion
- B. sprain
- C. incision
- D. puncture

34. Which of the following injuries may occur to a person whose blood supply to some muscles is disrupted?

- A. contusions
- B. cramps
- C. sprains
- D. fracture

35. If a player temporarily loses consciousness due to a forceful movement of the head, he is suffering from a \_\_\_\_\_.

- A. contusion
- B. fracture
- C. sprain
- D. concussion

36. The following are examples of sports injuries EXCEPT \_\_\_\_\_.

- A. bruise
- B. abrasion
- C. rashes
- D. dislocation

37. Certain mineral salts are responsible to maintain normal functioning of the body, but the body can do without them.

- A. True
- B. False

38. The temporary loss of consciousness, due to a violent or forceful movement of the head, and disturbance of the brain's normal functioning process is called \_\_\_\_\_

- A. cuts
- B. concussion
- C. cautions
- D. contusion

39. All these are qualities of someone that gives first aid EXCEPT being \_\_\_\_\_.

- A. knowledgeable
- B. nervous
- C. observant
- D. resourceful

40. An open flesh is called a \_\_\_\_\_.

- A. sprain
- B. fracture
- C. wound
- D. strain

41. An injury formed due to wet heat it is called a \_\_\_\_\_.

- A. scald
- B. wound
- C. sprain
- D. strain

42. If a player's joint is swollen, painful and malfunctioning, he is most likely suffering from a \_\_\_\_\_.

- A. concussion
- B. contusion
- C. dislocation
- D. cramp

43. A fracture is a \_\_\_\_\_.

- A. strain
- B. sprain
- C. bruise
- D. broken bone



44. Dislocation is when two bones are \_\_\_\_\_ at the joint.

- A. displaced
- B. sprain
- C. fractured
- D. wounded

45. The difference between cuts and contusions is that \_\_\_\_\_.

- A. cuts are bruises while contusions are breaks in the structure of a bone
- B. contusions are open wounds while cuts are bruises on the body surface
- C. cuts are open wounds while contusions are bruises on the body surface
- D. none of the above

46. \_\_\_\_\_ are associated with a sudden vigorous use of the muscles.

- A. Fractures
- B. Dislocation
- C. Cramps
- D. Sprains

47. Cramp can be caused by \_\_\_\_\_.

- A. excessive loss of salt
- B. impaired circulation
- C. vigorous use of muscles
- D. injury to the muscle

48. A \_\_\_\_\_ is caused by overstretching of a muscle.

- A. fracture
- B. dislocation
- C. strain
- D. sprain

49. Dislocation is also known as \_\_\_\_\_.

- A. bruise
- B. broken bone
- C. crack bone
- D. none of the above

## TOPIC: CAMPING AND OUTDOOR EDUCATION

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

1. Which of these is an indoor recreational activity?

- A. Camping
- B. Picnic
- C. Hiking
- D. None of the above

2. The following are all outdoor games except \_\_\_\_.

- A. monopoly
- B. basketball
- C. volleyball
- D. badminton

3. The following are examples of hiking activities EXCEPT \_\_\_\_.

- A. spiritual hike
- B. moonlight hike
- C. nature hike
- D. treasure hike

4. \_\_\_\_ should be given repeatedly to the student at a camp ground.

- A. Chalk
- B. Safety instructions
- C. Unsafe instructions

5. Skills needed for performing camping activities include the following EXCEPT \_\_\_\_\_.

- A. wood chopping
- B. building camp fire
- C. making tents
- D. building castles

6. Examples of hiking activities includes the following EXCEPT \_\_\_\_\_.

- A. treasure hike
- B. nature hike
- C. moonlight hike
- D. winter hike

7. Which of the following is an objective for outdoor education?

- A. To promote students' acquisition of leadership qualities
- B. To enhance students' self-reliance
- C. To acquire the rules and skills of safe living
- D. All of the above

8. Basketball is a game that should be done \_\_\_\_\_.

- A. in the class
- B. in the room
- C. outdoor
- D. during examination

9. One benefit of engaging in recreational activities is \_\_\_\_\_.

- A. relaxation
- B. boredom
- C. fatigue
- D. hypertension

10. Outdoor education includes the following EXCEPT \_\_\_\_\_.

- A. camping
- B. hiking
- C. canoeing
- D. none of the above
- E. swimming

11. Hiking is an \_\_\_\_\_ activity.

- A. outdoor
- B. indoor
- C. unrecreational

12. \_\_\_\_\_ involves a group of people staying away from home and living in the open environment such as tents, makeshift shelter etc, for a period of time.

- A. Picnics
- B. Hiking
- C. Shelter
- D. Camping

13. Sports facilities and equipment make up the sports \_\_\_\_\_.

- A. apparatus
- B. appendix
- C. aparatus
- D. pack

14. Which of the following is NOT an outdoor educational activity?

- A. Camping
- B. Hiking
- C. Fishing
- D. Farming

15. Camping, camp craft, picnic, hiking and mountaineering are all examples of \_\_\_\_\_ recreational activities.

- A. indoor
- B. outdoor
- C. minor
- D. school

## TOPIC: CARDIO-RESPIRATORY FUNCTIONS DURING EXERCISES

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

1. Cardiac output \_\_\_\_\_ during exercise.
  - A. increases
  - B. stops
  - C. decreases
  - D. remains unchanged
  
2. At the beginning of physical exercise, some athletes feel pain in the ribs known as \_\_\_\_\_.
  - A. a stitch in the side
  - B. a stitch in time
  - C. a pin in the side
  - D. a pain in the side
  
3. \_\_\_\_\_ is a state of the body when the feeling of tiredness gives way to a feeling of energy during prolonged exercise.
  - A. Last wind
  - B. Second wind
  - C. Second chance
  - D. First wind
  
4. Cigarette smoking can badly affect ventilation by \_\_\_\_\_ the amount of oxygen intake.
  - A. building up
  - B. manipulating
  - C. increasing
  - D. reducing

5. Factors that affect cardiac output includes \_\_\_\_\_.  
A. heart volume and heart rate  
B. stroke volume and heart rate  
C. heart beat  
D. heart volume
6. The heart rate can be measured manually by \_\_\_\_\_.  
A. placing the hand on the right chest region  
B. feeling the radial artery in the wrist  
C. lying down quietly  
D. all of the above
7. During exercise, the body meets the demand of blood through increased \_\_\_\_\_.  
A. heart rate  
B. stroke volume  
C. cardiac output  
D. heart beat
8. Just at the beginning of any physical exercise, there is \_\_\_\_\_ in ventilation.  
A. a decrease  
B. an increase  
C. a reverse  
D. a small decrease
9. The amount of blood giving out per heart beat is known as the \_\_\_\_\_.  
A. heart rate  
B. stroke volume  
C. heart beat  
D. cardiac output



10. \_\_\_\_\_ refers to the volume of blood pumped per minute by the right or left ventricle.

- A. Cardiac beat
- B. Cardiac output
- C. Cardiac rate
- D. Ventricular movement

11. The right and left sides of the heart are separated by the \_\_\_\_\_.

- A. tricuspid valves
- B. valves
- C. septum
- D. blood

12. The valves in the heart are responsible for \_\_\_\_\_.

- A. the pumping of blood
- B. the control of the direction of blood flow
- C. the sieving of blood
- D. the addition of oxygen to blood

## TOPIC: COMBATIVE SPORTS

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

1. The winner of any wrestling contest is \_\_\_\_\_.
  - A. the one who falls himself to the ground
  - B. the one who rubs sand on his body
  - C. the one who succeeds in falling his opponent to the ground with his back on the ground
  
2. The following are officials in Judo EXCEPT \_\_\_\_\_.
  - A. referee
  - B. judges
  - C. coach
  - D. time keeper
  
3. \_\_\_\_\_ are bruises on the body surfaces caused by the damage of some minor blood vessels around the bruised area.
  - A. Cuts and abrasions
  - B. Concussions
  - C. Contusions
  - D. Cramps
  
4. What country did judo originate from?
  - A. London
  - B. Japan
  - C. Nigeria
  - D. North America

5. In wrestling a fall occurs when the opponent's shoulder blade is \_\_\_\_\_.

- A. held to the ground
- B. touched
- C. slapped
- D. pushed

6. \_\_\_\_\_ is a method of pinning an opponent down.

- A. Finger arm-lock
- B. Double arm-lock
- C. Snap down and go behind

7. A combative sport is a form of \_\_\_\_\_.

- A. exercise
- B. fight
- C. swimming
- D. showing mankind

8. Judo was introduced in the year \_\_\_\_\_.

- A. 1889
- B. 1882
- C. 1907
- D. 1953

9. Walking or trekking for some distances to a designated place can be referred to as \_\_\_\_\_.

- A. class picnic
- B. free time fun
- C. hiking
- D. indoor activity

10. How long does a judo match last?

- A. 15-20 minutes
- B. 3-10 minutes
- C. 20-30 minutes
- D. 30-45 minutes

11. Which of the following is a combative sport?

- A. Soccer
- B. Volleyball
- C. Shot putt
- D. Wrestling

12. A wrestler before wrestling stands in a \_\_\_\_\_ position.

- A. ready
- B. staggering
- C. shaking
- D. unsteady

13. When a wrestler grips and locks his opponent's hand, it enables him to \_\_\_\_\_.

- A. loose the game
- B. overpower his opponent
- C. play with the opponent

14. Judo throwing skills include \_\_\_\_\_.

- A. osotogari
- B. taiotoshi
- C. ippon-seoinage
- D. all of the above

15. The following are techniques used in African traditional wrestling EXCEPT \_\_\_\_\_.

- A. preliminary holds
- B. archery
- C. defensive position
- D. offensive moves

## TOPIC: MINERALS AND VITAMINS

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

1. Vitamin B2 is also known as \_\_\_\_\_.
  - A. folic acid
  - B. riboflavin
  - C. ascorbic acid
  - D. thiamine
  
2. What percentage of the body is made up of water?
  - A. 80 - 90%
  - B. 40 - 50%
  - C. 60 - 70%
  - D. 20 - 30%
  
3. Fruits and vegetables contains \_\_\_\_\_.
  - A. vitamins
  - B. protein
  - C. carbohydrate
  - D. fat
  
4. Insufficient amount of vitamin A in the body may cause \_\_\_\_\_.
  - A. anaemia
  - B. dizziness
  - C. poor memory
  - D. poor vision

5. When the body lacks sufficient amount of vitamin D, it may lead to \_\_\_\_\_.

- A. pellagra
- B. rickets in children
- C. scurvy
- D. night blindness

6. The inability of blood to clot can result from the deficiency of \_\_\_\_\_.

- A. vitamin K
- B. proteins
- C. vitamin D
- D. carbohydrates

7. The recommended amount of water that should be consumed everyday is \_\_\_\_\_ cups.

- A. 4 -5
- B. 8 -10
- C. 6 - 7
- D. 2 - 3

8. Which of the following are macro-nutrients?

- A. Proteins, minerals and vitamins
- B. Minerals, proteins and fats
- C. Fat, protein and carbohydrate
- D. Carbohydrates, fats and vitamins

9. When the blood is unable to form clot after an injury, it is due to the deficiency of \_\_\_\_\_.

- A. vitamin K
- B. vitamin C
- C. vitamin B
- D. calcium

10. Ricket is due to the deficiency in \_\_\_\_\_.

- A. protein
- B. vitamin D
- C. fat
- D. vitamin C

11. Cod liver oil is rich in \_\_\_\_\_.

- A. calcium
- B. vitamin D
- C. sodium
- D. chloride

12. Scurvy is caused by deficiency in \_\_\_\_\_.

- A. amino acid
- B. vitamin C
- C. fatty acids
- D. minerals

13. The mineral which is chiefly used to build the bone is \_\_\_\_\_.

- A. potassium
- B. calcium
- C. sodium
- D. magnesium



14. Insufficient quantity of vitamin A in the body may cause \_\_\_\_\_.

- A. head ache
- B. cold
- C. malaria
- D. none of the above

15. The lack of blood clotting power is due to the absence of vitamin \_\_\_\_\_.

- A. A
- B. K
- C. D
- D. E

16. Vitamin \_\_\_\_\_ is required for wound healing.

- A. A
- B. B
- C. C
- D. D

## TOPIC: NUTRITION AND SPORTS

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

1. Which of the following is NOT a characteristic of ectomorphs?
  - A. Fragile and delicate body structure
  - B. flat abdomen with small buttocks and long thin legs
  - C. Dry skin
  - D. Fatty breasts
  
2. Based on somatotyping, the human body is categorized into all EXCEPT \_\_\_\_\_
  - A. endomorphs
  - B. ectoderm
  - C. mesomorphs
  - D. ectomorphs
  
3. Digestion of food begins in the \_\_\_\_\_.
  - A. mouth
  - B. stomach
  - C. lungs
  - D. kidney
  
4. Fats provide the body with \_\_\_\_\_.
  - A. energy
  - B. heat
  - C. strength
  - D. light

5. Which of the following is NOT a characteristic of mesomorphs?
- A. Possession of square hard and rugged body
  - B. Possession of massive muscles
  - C. Possession of powerful arms
  - D. large head and short neck
6. Which of the following is NOT a kind of vitamin?
- A. Vitamin A
  - B. Vitamin C
  - C. Vitamin D
  - D. Vitamin F
7. Factors that affect heat loss include \_\_\_\_\_.
- A. the type of air condition we use
  - B. bathing technique
  - C. the amount of water we drink
  - D. the amount of blood circulating in the vessels in the skin
8. During physical activity, the athlete must take plenty of water, especially at the end of training in order to replace water lost during training.
- A. True
  - B. False
9. Which of the following nutrients should a competitor take more just before his game?
- A. fats and oils
  - B. proteins
  - C. carbohydrates
  - D. food supplements

10. Starch is a type of \_\_\_\_\_.

- A. protein
- B. carbohydrate
- C. fat
- D. oil

11. Heat is lost through the skin by \_\_\_\_\_.

- A. convection of the air circulation around the body
- B. conduction to the cloth
- C. radiation to the surrounding air
- D. all of the above

12. A reduced quantity of fatty foods should be taken during pre-competition periods, because \_\_\_\_\_.

- A. fatty foods can stain the competitor's clothes
- B. fatty foods can cause obesity
- C. fats are more difficult to digest than proteins or carbohydrates
- D. all of the above

13. Which of the following is NOT a characteristic of endomorphs?

- A. Roundness and softness of the body
- B. Possession of small bones
- C. Powerful arms and legs
- D. Large head and short neck

14. During training, sufficient amounts of \_\_\_\_\_ should be taken to build up the energy reservoir of the body.

- A. proteins
- B. carbohydrates
- C. vitamins
- D. all of the above

15. \_\_\_\_\_ is a method of classifying the human body into types relative to their inherited characteristics/physique.

- A. Physiology
- B. Kingdom
- C. Somatotyping
- D. Zoology

16. Proteins can serve as energy sources in the body.

- A. True
- B. False

17. What vitamin helps in the formation of tissues and bones as well as the healing of wounds?

- A. Vitamin B
- B. Vitamin A
- C. Vitamin C
- D. Vitamin D

18. \_\_\_\_\_ are substances which are used to increase the level of athletic performance.

- A. Training equipment
- B. Ergogenic aids
- C. Sport kits
- D. Very clean water

# ANSWERS

## TOPIC: GOLF, TENNIS AND WRESTLING

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

1. In the game of golf a hole made in two strokes is called \_\_\_\_\_.

- A. ace
- B. deuce
- C. bogey
- D. par

The correct answer is option [B].

2. A swing in golf is counted as a \_\_\_\_\_.

- A. hole
- B. strike
- C. stroke
- D. hit

The correct answer is option [C].

3. When a player wins due to smallest number of strokes per round, it is called \_\_\_\_\_.

- A. fast play
- B. medal play
- C. match play
- D. stroke play

The correct answer is option [B].

4. What year was NFA formed?

- A. 1910
- B. 1963
- C. 1960
- D. none of the above

The correct answer is option [D]

5. In golf, shanking is the act of hitting the ball \_\_\_\_\_.

- A. too hard
- B. too soft
- C. with curves
- D. with styles

The correct answer is option [A].

6. To win a traditional wrestling, a participant must \_\_\_\_\_.

- A. completely hold down the opponent on his back
- B. completely hold down the opponent on his belly
- C. completely hold down the opponent on his hand
- D. carry the opponent up and hold him there

The correct answer is option [A]

7. When a player wins due to the highest number of holes in golf, it is known as \_\_\_\_\_.

- A. match play
- B. fast play
- C. medal play
- D. hole play

The correct answer is option [A].

8. Take down in wrestling refers to \_\_\_\_\_.

- A. bringing an opponent down and gaining control over him
- B. taking an opponent down with a blow
- C. losing the game

The correct answer is option [A]



9. How many games form a set in tennis?

- A. 4
- B. 5
- C. 6
- D. 7

The correct answer is option [C]

10. Racket is to badminton as \_\_\_\_\_ is to golf.

- A. bat
- B. stick
- C. baton
- D. club

The correct answer is option [D].

12. Skills in wrestling includes the following EXCEPT \_\_\_\_\_.

- A. take-down
- B. standing position
- C. break-downs and rides
- D. ruling the opponent

The correct answer is option [D]

13. Holding an opponent's hands to the back in wrestling is referred to as \_\_\_\_\_.

- A. hammering
- B. hammerlock
- C. grapevine
- D. fall

The correct answer is option [B]

14. The first golf championship was organized and held in \_\_\_\_\_.

- A. Scotland
- B. Poland
- C. USA
- D. Kenya

The correct answer is option [A]

15. The act of hitting the ball too hard in golf is called \_\_\_\_\_.

- A. shanking
- B. eagle
- C. par
- D. tee

The correct answer is option [A]

## TOPIC: PHYSICAL FITNESS AND ENERGY SOURCES DURING PHYSICAL ACTIVITIES

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

1. \_\_\_\_\_ exercises are those performed by an individual for long periods with continuous intake of oxygen.

- A. Anaerobic
- B. Aerobic
- C. Endurance
- D. Weight training

The correct answer is option [B]

2. The breakdown of glycogen produces \_\_\_\_\_ and energy.

- A. ATP
- B. ADP
- C. pyruvic acid
- D. lactic acid
- E. ADT

The correct answer is option [D]

3. The following are anaerobic exercises EXCEPT \_\_\_\_\_.

- A. sprints
- B. jumps
- C. marathons
- D. the use of weights

The correct answer is option [C]

4. The process of using weights to achieve physical fitness is known as \_\_\_\_\_.

- A. weight training
- B. circuit training
- C. nutrition
- D. anaerobic exercise

The correct answer is option [A]

5. Weight training exercises include the following EXCEPT \_\_\_\_\_.

- A. bench press
- B. squats
- C. press-ups
- D. arm curls

The correct answer is option [C]

6. \_\_\_\_\_ is a kind of fitness.

- A. Endurance
- B. Physique
- C. Power
- D. Agility

The correct answer is option [B]

7. The energy used during physical activities is in the form of \_\_\_\_\_.

- A. ADP
- B. ATP
- C. DNA
- D. NDA

The correct answer is option [B]

8. If an individual runs a series of five 400m races and rests for five to ten minutes in between the races, what conditioning activity is this?

- A. Aerobic exercises
- B. Weight training
- C. Interval training
- D. Circuit training

The correct answer is option [C]

9. Circuit training exercises are useful in development of \_\_\_\_\_.

- A. flexibility
- B. balance
- C. endurance
- D. all of the above

The correct answer is option [D]

10. \_\_\_\_\_ exercises are those performed by an individual for a very short time without continuous intake of oxygen.

- A. Anaerobic
- B. Aerobic
- C. Short distance
- D. None of the above

The correct answer is option [A]

11. Weight training can be used to achieve \_\_\_\_\_.

- A. increase in speed
- B. endurance
- C. muscular strength
- D. all of the above

The correct answer is option [D]

12. A programme of physical exercises in which the individual rests in between performances is called \_\_\_\_\_.

- A. interval training
- B. circuit training
- C. aerobic exercises
- D. none of the above

The correct answer is option [A]

13. Round shoulders and hunchback are other names for \_\_\_\_\_.

- A. bowlegs
- B. lordosis
- C. kyphosis
- D. scoliosis

The correct answer is option [C]

14. Circuit training exercises include the following EXCEPT \_\_\_\_\_.

- A. running
- B. press-up
- C. high jump
- D. sit-up

The correct answer is option [C]

15. The special part of the cell where aerobic metabolism takes place is known as \_\_\_\_\_.

- A. nucleus
- B. artery
- C. lungs
- D. mitochondria

The correct answer is option [D]

## TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

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

1. Competitive programmes and activities organised within the four walls of an institution are called \_\_\_\_\_ activities.

- A. inter-house
- B. intramural
- C. extramural
- D. none of the above

The correct answer is option [B]

2. The British Empire Game is the former name for \_\_\_\_\_.

- A. World cup
- B. Nations cup
- C. Commonwealth games
- D. All Africa games

The correct answer is option [C].

3. What is the full meaning of N.S.F?

- A. National Shipping Ferries
- B. National Shoppers Federation
- C. National Sports Festival
- D. National Sports Football

The correct answer is option [C]

4. Which of the following persons is NOT a pioneer of physical education in Nigeria?

- A. Adedeji .T.A
- B. Oliseh .S
- C. Ekperigin .H.J
- D. Funsho .A

The correct answer is option [B]

5. Which of the following is NOT an aerobic exercise?

- A. Marathons
- B. 1500m race
- C. 5000m race
- D. sprint

The correct answer is option [A]

6. The first Commonwealth games took place in the year

- A. 1920
- B. 1930
- C. 1940
- D. 1950

The correct answer is option [B].

7. When hygiene rules are kept, it helps \_\_\_\_\_.

- A. maintain safety on the road
- B. transmit diseases and infection
- C. prevent diseases and infections
- D. prevent injuries

The correct answer is option [C].

8. Which country hosted the first Commonwealth games?



- A. France
- B. South Africa
- C. England
- D. Canada

The correct answer is option [D].

9. Physical Education activities carried out in the forest area of Nigeria include \_\_\_\_\_.

- A. climbing of trees and hills
- B. moonlight games for boys and girls
- C. hide and seek games for children
- D. all of the above

The correct answer is option [D]

10. Which of the following is a classification of bone according to their shapes?

- A. Flat bone
- B. Short bone
- C. Irregular bone
- D. All of the above

The correct answer is option [D]

11. Germans' contribution towards physical education came through the following EXCEPT \_\_\_\_\_.

- A. Adolph Spices
- B. Fredrick Ling
- C. Friedrich Ludwig
- D. Johann Bernhard

The correct answer is option [B]

12. Who abolished the Olympic games?

- A. Emperor Caesar
- B. Byzantine Emperor Theodosius
- C. Byzantine Emperor Herald
- D. Byzantine Obasanjo

The correct answer is option [B]

13. Pentathlon consists of \_\_\_\_\_ games.

- A. 4
- B. 5
- C. 6
- D. 7

The correct answer is option [B].

14. Physical Education activities carried out in the forest area of Nigeria include \_\_\_\_\_.

- A. climbing of trees and hills
- B. moonlight games for boys and girls
- C. hide and seek games for children
- D. all of the above

The correct answer is option [D]

15. The father of Physical Education in Nigeria is \_\_\_\_\_.

- A. Henrik Ling
- B. Archibald Macleran
- C. Harding Ekperigin
- D. None of the above

The correct answer is option [C]

16. All are games involving the use of balls EXCEPT \_\_\_\_\_.

- A. hockey
- B. tenniquiot
- C. soccer
- D. cricket

The correct answer is option [B]

17. The first All Africa games took place in \_\_\_\_\_.

- A. Italy
- B. Spain
- C. France
- D. none of the above

The correct answer is option [D]

It took place in Congo-Brazzaville on the 18th-25th of July, 1965

18. Which of these is NOT an effect of alcohol on sporting performance?

- A. reduced oxygen carrying ability
- B. dehydration
- C. slow reaction time
- D. reduced co-ordination

The correct answer is option [A].

## TOPIC: PLANES OF THE HUMAN BODY

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

1. The meeting point of the three major planes of the body is the \_\_\_\_\_ of the body.

- A. focal point
- B. centre of gravity
- C. meeting point
- D. central area

The correct answer is option [B]

2. The special part of the cell where aerobic metabolism takes place is known as \_\_\_\_\_.

- A. nucleus
- B. artery
- C. lungs
- D. mitochondria

The correct answer is option [D]

3. Which one of the following planes divides the body into two halves?

- A. Frontal plane
- B. Vertical plane
- C. Sagittal plane
- D. Horizontal plane

The correct answer is option [C]

4. \_\_\_\_\_ is a type of plane of the human body.

- A. Endomorph
- B. Ectomorph
- C. Sagittal
- D. Superior

The correct answer is option [C]

5. The body plane that describes from the left to the right side of the body is referred to as \_\_\_\_\_.

- A. sagittal plane
- B. back plane
- C. frontal plane
- D. vertical plane

The correct answer is option [C]

6. The imaginary levels and flat surfaces through which human movement can be described is called \_\_\_\_\_.

- A. planes of the human body
- B. lines in the human palm
- C. level of heart beat
- D. posture

The correct answer is option [A]

7. The three major planes of the body are at right angles to one another.

- A. True
- B. False

The correct answer is option [A]

8. Another name for frontal plane is \_\_\_\_\_ plane.

- A. coronal
- B. sagittal
- C. anteroposterior
- D. median

The correct answer is option [A]

9. A soccer player needs strength, \_\_\_\_\_ as ingredients for physical fitness.

- A. endurance and flexibility
- B. medicine and bath
- C. flexibility and medicine

The correct answer is option [A]

10. The process of gradually adjusting to working at higher altitudes is known as \_\_\_\_\_.

- A. accommodation
- B. acclimatization
- C. adjustment
- D. none of the above

The correct answer is option [B]

11. The following are different planes of the human body EXCEPT \_\_\_\_\_ plane.

- A. frontal
- B. curve
- C. sagittal
- D. horizontal

The correct answer is option [B]

## TOPIC: INTERNATIONAL SPORTS COMPETITIONS

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

1. Nigeria made its first appearance in Olympics in \_\_\_\_\_.

- A. Helsinki
- B. America
- C. India
- D. Canada

The correct answer is option [A]

2. Nigeria became a member of the Olympic movement in \_\_\_\_\_.

- A. 1957
- B. 1950
- C. 1951
- D. 1952

The correct answer is option [C]

3. The most important thing in the Olympic games is not to win but to take part, just as the most important is not the triumph but the struggle. This is the \_\_\_\_\_.

- A. Olympic motto
- B. Olympic creed
- C. Olympic oath
- D. Olympic anthem

The correct answer is option [B]

4. "In the name of all competitors, I promise that we would take part in this Olympic games, respecting and abiding by the rules which govern them,

in the true spirit of sportsmanship, for the glory of sports and the honour of our teams". This is the \_\_\_\_\_.

- A. Olympic motto
- B. Olympic creed
- C. Olympic oath
- D. Olympic anthem

The correct answer is option [C]

5. In the Olympic motto, what is the meaning of "Fortius".

- A. bigger
- B. faster
- C. stronger
- D. taller

The correct answer is option [C]

6. FIFA was formed in the year \_\_\_\_\_.

- A. 1314
- B. 1904
- C. 1992
- D. 1967

The correct answer is option [B]

7. Which of the following serves as an instrument for promoting international unity and peace?

- A. Nigerian police
- B. Universities
- C. International airport
- D. Sports

The correct answer is option [D]



## TOPIC: EFFECTS OF THE ENVIRONMENT ON THE HUMAN BODY

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

1. \_\_\_\_\_ are muscle pains which result from excessive loss of salts through sweating as exercises are performed in very hot weather.

- A. Heat cramps
- B. Muscle strain
- C. Muscle shiver
- D. Acclimatization

The correct answer is option [A]

2. In cold environments, muscle contraction helps conserve \_\_\_\_\_.

- A. cold
- B. heat
- C. sweat
- D. energy

The correct answer is option [B]

3. Muscle pain due to excessive loss of salts through sweating occurs when exercise is performed in \_\_\_\_\_ weather.

- A. cool
- B. warm
- C. very cold
- D. very hot

The correct answer is option [D]

4. In a \_\_\_\_\_ environment, there is a slight closure of blood vessels in the skin causing a reduction in the flow of warm blood to other parts of the body.

- A. wet
- B. hot
- C. warm
- D. cold

The correct answer is option [D]

5. In cold environments, shivering leads to the production of \_\_\_\_\_.

- A. sweat
- B. heat
- C. sound
- D. cold

The correct answer is option [B]

6. \_\_\_\_\_ is the process of gradual adjustment to working at higher altitudes.

- A. Relaxation
- B. Resting
- C. Acclimatization
- D. Walking

The correct answer is option [C]

7. The recommended daily sleep requirement for new born infants is \_\_\_\_\_.

- A. 12hr
- B. 20-22hr
- C. 8-10hr
- D. 7-9hr

The correct answer is option [B]

## TOPIC: BODY MECHANICS AND FUNCTIONS

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

1. \_\_\_\_\_ in swimming is the ability of a swimmer to apply sufficient force on the water to enable hands and legs movement.

- A. Strength
- B. Mobility
- C. Flexibility
- D. Endurance

The correct answer is option [A]

2. Endurance activities in exercising includes all of the following EXCEPT \_\_\_\_\_.

- A. press-ups
- B. sit-ups
- C. squat leaps
- D. arm circling

The correct answer is option [D]

3. Exercising for endurance ensures that the \_\_\_\_\_.

- A. player can continue to play a long time
- B. player can only play for a very short while
- C. player can attain a certain score

The correct answer is option [A]

4. Which of the following sports require more stamina?

- A. Marathon race
- B. Sprint race
- C. High jump
- D. Baseball

The correct answer is option [A]

5. Swimmers must possess \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ qualities in order to be successful.

- A. mobility, kindness, independence
- B. a good appetite, flexibility, speed
- C. mobility, strength, endurance
- D. none of the above

The correct answer is option [C]

6. A soccer player needs strength, \_\_\_\_\_ as ingredients for physical fitness.

- A. endurance and flexibility
- B. medicine and bath
- C. flexibility and medicine

The correct answer is option [A]

7. Sit-up exercise helps to \_\_\_\_\_.

- A. strengthen the abdominal and trunk muscles
- B. strengthen the femur and carpas
- C. enlarge the chest and spine
- D. enlarge the arm muscles

The correct answer is option [A]

8. The knee bend exercise is for developing the \_\_\_\_\_.

- A. toe and calf
- B. leg and calf muscles
- C. shoulder and finger

The correct answer is option [B]

9. \_\_\_\_\_ in swimming is defined as the ability to use the limbs through the full range of movement.

- A. Endurance
- B. Mobility
- C. Strength
- D. All of the above

The correct answer is option [B]

10. A basketball player needs plenty of \_\_\_\_\_ which can be developed by sprinting.

- A. food
- B. drink
- C. dieting
- D. speed

The correct answer is option [D]

## TOPIC: AQUATIC SPORTS

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

1. Which of the following is a basic swimming skill?

- A. The back stroke
- B. The leg stroke
- C. The dancing stroke
- D. The clapping stroke

The correct answer is option [A]

2. The swimming stroke that best adopts the natural form of breathing is the \_\_\_\_\_.

- A. side stroke
- B. front crawl
- C. breast stroke
- D. back crawl

The correct answer is option [D]

3. Which one of the following is not a basic swimming stroke?

- A. Back stroke
- B. Glide stroke
- C. Breast stroke
- D. Butterfly stroke

The correct answer is option [B]

4. In which of the following strokes is the leg action likened to the opening and closing of a pair of scissors?

- A. Side stroke
- B. Back stroke
- C. Middle stroke
- D. Glide stroke

The correct answer is option [A]

5. The following are safety rules for swimmers EXCEPT \_\_\_\_\_.

- A. learners should always stay at the shallow end of the pool
- B. splash water over the body when going into cold water
- C. learners should not engage in any other activity in the pool
- D. use the pool when the life guard is not around

The correct answer is option [D]

6. Aquatics are \_\_\_\_\_.

- A. water polo
- B. swimming
- C. water game and sports
- D. canoeing
- E. Football games

The correct answer is option [C]

7. Swimming is an \_\_\_\_\_ sport.

- A. racket
- B. aquatic
- C. ball
- D. speed

The correct answer is option [B].

8. During swimming, each swimmer must remain in his or her lane throughout the race.

A. True

B. False

The correct answer is option [A]

9. Aquatic sports takes place in \_\_\_\_\_.

A. field

B. water

C. lane

D. street

The correct answer is option [B]

10. The following sports are done on water EXCEPT \_\_\_\_\_.

A. boating

B. sailing

C. water skiing

D. water capping

The correct answer is option [D]

11. Aquatic events includes the following EXCEPT \_\_\_\_\_.

A. boating

B. shipping

C. canoeing

D. water skiing

The correct answer is option [B]



12. \_\_\_\_\_ is another name for face float.

- A. Prone or dead man's float
- B. Tuck or prone float
- C. Dead man's or tuck float
- D. Back or prone float

The correct answer is option [A]

13. The leg action in back stroke is the reverse of the leg action in the \_\_\_\_\_.

- A. back crawl
- B. front crawl
- C. breast stroke
- D. side stroke

The correct answer is option [B]

14. Which of these is an aquatic game?

- A. Water rounder
- B. Soccer
- C. Table tennis
- D. Water polo

The correct answer is option [D]

15. The following rules of hygiene should be observed by all swimmers EXCEPT \_\_\_\_\_.

- A. do not chew or eat in the pool
- B. do not urinate or spit in the pool
- C. take a bath with soap before entering the pool
- D. stay in the shallow end of the pool

The correct answer is option [D]

16. Which of the following is NOT an official in swimming?

- A. Starter
- B. Take-off Judge
- C. Stewards
- D. None of the above

The correct answer is option [D]

17. Which of the following is an aquatic sport?

- A. Wrestling
- B. Dancing
- C. Swimming
- D. Juggling

The correct answer is option [C]

## TOPIC: ARCHERY

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

1. Competitive archery involves shooting arrows at a target for \_\_\_\_\_ from a set distance.

- A. fitness
- B. distance
- C. strength
- D. accuracy

The correct answer is option [D]

2. Archers shoot \_\_\_\_\_ number of arrows in an end.

- A. six
- B. two
- C. four
- D. eight

The correct answer is option [A]

3. Which of the following equipment is needed for archery?

- A. Bow
- B. Arrow
- C. Armguard
- D. All of the above

The correct answer is option [D]

4. Modern competitive target archery is often governed by the \_\_\_\_\_.

- A. Federation of Archery Sports
- B. International Archery Federation
- C. international Federation of Archery
- D. International Archery Systems

The correct answer is option [B]

5. The competitive archery that involves shooting arrows at a target for accuracy from a set distance is called \_\_\_\_\_

- A. target archery
- B. bow fishing
- C. bow hunting
- D. bow string

The correct answer is option [A]

6. An expert archer is sometimes called \_\_\_\_\_.

- A. an archer
- B. a bowman
- C. a shooter
- D. a toxophilite

The correct answer is option [D]

7. Which of these is NOT relevant to the game of archery?

- A. Bracing of bow
- B. Firing at a target
- C. Shooting with bow and arrow
- D. Shooting with catapult

The correct answer is option [D]

8. The bow and arrow game can be called \_\_\_\_\_.

- A. Olympics
- B. target
- C. aiming game
- D. archery

The correct answer is option [D]

9. To load in the sport of archery, the bow should point \_\_\_\_\_.

- A. to the ground
- B. towards the sky
- C. to the left
- D. to the right
- E. all of the above

The correct answer is option [A]

10. The \_\_\_\_\_ is a container for holding arrows, usually worn around the waist.

- A. quiver
- B. belt
- C. satchel
- D. arrows

The correct answer is option [A]

11. All bows, whether historic or modern must consist of \_\_\_\_\_.

- A. glass
- B. strings
- C. paper
- D. metal

The correct answer is option [B]

12. Which of the following is NOT an equipment used in archery?

- A. Finger tab
- B. Chestguards
- C. Bow string
- D. Racket

The correct answer is option [D]

13. \_\_\_\_\_ is another name for archery.

- A. Toxophily
- B. Taxonomy
- C. Shooting

The correct answer is option [A]

14. To load in the sport of archery, the bow should point \_\_\_\_\_.

- A. to the ground
- B. towards the sky
- C. to the left
- D. to the right
- E. All of the above

The correct answer is option [A]

15. The use of archery to take game animal is known as \_\_\_\_\_.

- A. archer hunting
- B. archery hunting
- C. bow hunting
- D. archery game

The correct answer is option [C]

16. To shoot an arrow, an archer must first \_\_\_\_\_.

- A. assume the correct stance
- B. purchase a strong bow
- C. purchase a strong arrow
- D. use a self-bow

The correct answer is option [A]

17. A person practicing archery is called \_\_\_\_\_.

- A. a firer
- B. a shooter
- C. a bower
- D. an archer

The correct answer is option [D]

18. Another name for an archer is \_\_\_\_\_.

- A. a shooter
- B. a bowman
- C. bower
- D. arrower

The correct answer is option [B]

19. Archery first appeared in the Olympic games in \_\_\_\_\_.

- A. 1700
- B. 1800
- C. 1900
- D. 2000

The correct answer is option [A]

20. How many archery events are there in the Olympics?

- A. 1
- B. 2
- C. 3
- D. 4

The correct answer is option [D]

21. A nock is \_\_\_\_\_.

- A. a container for holding arrows, usually worn around the waist
- B. the attachment on the rear end of an arrow that holds it in place on the bowstring
- C. a weight mounted on the bow to stabilize it during and after a shot

The correct answer is option [B]

22. Archery has historically been used in \_\_\_\_\_.

- A. swimming
- B. drawing
- C. hunting
- D. climbing

The correct answer is option [C]



## TOPIC: ATHLETICS

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

1. \_\_\_\_\_ is not a multi-event in athletics.

- A. Heptathlon
- B. Octagon
- C. Decathlon
- D. Pentathlon

The correct answer is option [B]

2. If a marathon is run 42.195km, how many miles is that?

- A. 26.2 miles
- B. 36.2 miles
- C. 46.2miles
- D. 16.2 miles

The correct answer is option [A]

3. Which of these events is not a relay event?

- A. 4 x 800m
- B. 4 x 100m
- C. 4 x 400m
- D. 4 x 60m

The correct answer is option [D]

4. Which of these events is not a jumping event?

- A. Long jump
- B. Triple jump
- C. High jump
- D. Javelin throw

The correct answer is option [D]

5. Marathon is best described as \_\_\_\_\_.

- A. road running
- B. relay
- C. middle distance
- D. long distance

The correct answer is option [A]

6. An official in athletics called a runner functions as \_\_\_\_\_.

- A. relay runner
- B. messenger
- C. field runner
- D. none of the above

The correct answer is option [B]

7. Which of these track events is defined as 'middle distance'?

- A. 800m - 3000m
- B. 4000m - 5000m
- C. 1500m - 1000m
- D. 200m - 3000m

The correct answer is option [A]

8. The officials in athletic competitions include \_\_\_\_\_.

- A. fans
- B. observer
- C. umpire
- D. ring bearer

The correct answer is option [C]

9. Which of the following is an athletic official?

- A. Athletes
- B. Spectators
- C. Flag bearers
- D. Clerk of course

The correct answer is option [D]

10. Which of the following race ran at 3000 metres sees runners jump water and negotiate barriers?

- A. Hurdling
- B. Relay
- C. Steeplechase
- D. Road running

The correct answer is option [C]

11. The following are objectives of extramural activities EXCEPT \_\_\_\_\_.

- A. to provide opportunities for gifted students to develop high performance levels
- B. to learn how to win with pride
- C. to learn how to lose gracefully
- D. to motivate students to exercise

The correct answer is option [B]

12. Which of the following is not a throwing event?

- A. Javelin throw
- B. Shot putt
- C. Pole vault
- D. Hammer

The correct answer is option [C]

13. \_\_\_\_\_ is defined as a practice of physical exercises and sports, especially under competition.

- A. Match
- B. Soccer
- C. Athletics
- D. Gymnastics

The correct answer is option [C]

14. The 5000 metres and 10,000 metres event are classified as \_\_\_\_\_.

- A. long distance
- B. broad running
- C. relay
- D. hurdling

The correct answer is option [A]

15. Sports programmes played outside the school are known as \_\_\_\_\_ activities.

- A. intramural
- B. intermural
- C. exomural
- D. extramural

The correct answer is option [D]

16. Which of these events is run in competition at distances of 10, 20, and 50 kilometers?

- A. Race walking
- B. Relay
- C. Marathon
- D. Shot putt

The correct answer is option [A]

17. One function of a steward in athletics is to \_\_\_\_\_.

- A. officiate the game
- B. keep charge of all the equipment
- C. collect tickets from guests and invitees
- D. all of the above

The correct answer is option [B]

18. Values of extramural activities include the following EXCEPT \_\_\_\_\_.

- A. it gives opportunities for students to win by all means
- B. it develops physical fitness
- C. it gives opportunities for students to excel in sports
- D. it gives opportunities for recognition

The correct answer is option [A]

19. One value of intramural activities is that \_\_\_\_\_.

- A. it does not provide recreational experiences
- B. it develops physical fitness and mental alertness
- C. it does not offer new opportunities for participation in physical education
- D. none of the above

The correct answer is option [B]

## TOPIC: DIGESTIVE SYSTEM

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

1. The function of the teeth includes the following EXCEPT \_\_\_\_\_.

- A. cutting
- B. tearing
- C. digesting
- D. chewing

The correct answer is option [C]

2. Mastication is an example of \_\_\_\_\_.

- A. assimilation
- B. absorption
- C. chemical breakdown
- D. mechanical breakdown

The correct answer is option [D]

Mastication is the biting and grinding of food in the mouth so it becomes soft enough to swallow.

3. Which of these are rich in carbohydrates?

- A. Fruits and water
- B. Plantain and meat
- C. Egg and bread
- D. Rice and yam

The correct answer is option [D]

4. What food source serves as the body's building blocks?

- A. Proteins
- B. Fats
- C. Carbohydrates
- D. Vitamins

The correct answer is option [A].

5. Protein can be derived from the following EXCEPT \_\_\_\_\_.

- A. fish
- B. beans
- C. rice
- D. meat

The correct answer is option [C]

6. Digestion of carbohydrate begins in the \_\_\_\_\_.

- A. mouth
- B. stomach
- C. small intestine
- D. large intestine

The correct answer is option [A]

7. Glycogen is for carbohydrate as \_\_\_\_\_ is for protein.

- A. urea
- B. alanine
- C. triglyceride
- D. maltose

The correct answer is option [B].

8. The digestion of proteins starts in the \_\_\_\_\_.

- A. mouth
- B. stomach
- C. duodenum
- D. jejunum

The correct answer is option [B]

9. Fat is stored as \_\_\_\_\_.

- A. alanine
- B. glycerol
- C. glycogen
- D. lactic acid

The correct answer is option [B]

10. The end product of fat is \_\_\_\_\_.

- A. glucose
- B. glycogen
- C. amino acid
- D. triglyceride

The correct answer is option [D]

11. Glucose is the smallest unit of \_\_\_\_\_.

- A. proteins
- B. carbohydrate
- C. minerals
- D. vitamins

The correct answer is option [B]



12. Extra sugars in the body are stored in the \_\_\_\_\_.

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

The correct answer is option [C].

13. The enzyme that acts first on carbohydrate is called \_\_\_\_\_.

- A. ptyalin
- B. maltose
- C. sucrose
- D. succus intercus

The correct answer is option [A]

14. Before the body can use simple carbohydrates, they must first be broken down into \_\_\_\_\_.

- A. fructose
- B. sucrose
- C. galactose
- D. glucose

The correct answer is option [D].

15. Amino acids are the smallest units of \_\_\_\_\_.

- A. proteins
- B. carbohydrate
- C. fats
- D. vitamins

The correct answer is option [A]

16. The digestion of fats begins in the \_\_\_\_\_.

- A. duodenum
- B. stomach
- C. mouth
- D. rectum

The correct answer is option [A]

17. The smallest units of carbohydrates is \_\_\_\_\_.

- A. glycerol
- B. glycogen
- C. amino acid
- D. glucose

The correct answer is option [D]

18. The following are organs of the digestive system EXCEPT \_\_\_\_\_.

- A. mouth
- B. pharynx
- C. larynx
- D. esophagus

The correct answer is option [C]

The larynx is a cartilaginous structure at the top of the trachea. It contains elastic vocal cords that are the source of the vocal tone in speech.

19. The following are food sources for carbohydrates EXCEPT \_\_\_\_\_.

- A. vegetables
- B. fruits
- C. sugars
- D. soy

The correct answer is option [D].

20. Digestion of proteins actually begins in the \_\_\_\_\_.

- A. duodenum
- B. stomach
- C. mouth
- D. oesophagus

The correct answer is option [B]

21. Which class of food digests in the small intestine?

- A. Minerals
- B. Fats
- C. Proteins
- D. Carbohydrates

The correct answer is option [B]

22. The end product of carbohydrate is \_\_\_\_\_.

- A. glucose
- B. glycerol
- C. fats and oil
- D. glycogen

The correct answer is option [A]

23. The smallest units of carbohydrates are \_\_\_\_\_.

- A. glycogen
- B. amino acids
- C. glucose
- D. glycerol

The correct answer is option [C]

24. The following are digestive organs EXCEPT \_\_\_\_\_.

- A. rectum
- B. oesophagus
- C. pancreas
- D. larynx

The correct answer is option [D]

25. \_\_\_\_\_ is the name given to a collection of enzymes that aid digestion in the small intestine.

- A. Succus entericus
- B. Sucrose
- C. Ptyalin
- D. Chyme

The correct answer is option [A]

26. The digestive tract is also known as \_\_\_\_\_ canal.

- A. respiratory
- B. abdominal
- C. alimentary
- D. intestinal

The correct answer is option [C]

27. The teeth performs the following functions EXCEPT \_\_\_\_\_.

- A. digesting
- B. chewing
- C. tearing
- D. grinding

The correct answer is option [A]

## TOPIC: DISEASES AND IMMUNISATION

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

1. Examples of insect-borne diseases includes the following EXCEPT

\_\_\_\_\_.

- A. sleeping skill
- B. sand-fly fever
- C. filariasis
- D. elephantiasis

The correct answer is option [A]

2. \_\_\_\_\_ is a parasite that can be transmitted by animals.

- A. Body lice
- B. Flies
- C. Cockroaches
- D. Ants

The correct answer is option [A]

3. \_\_\_\_\_ is an airborne disease caused by bacteria.

- A. Measles
- B. Mumps
- C. Tuberculosis
- D. Common cold

The correct answer is option [C]

4. Smallpox is a disease caused by \_\_\_\_\_.

- A. malaria
- B. a virus
- C. a fungi
- D. fever

The correct answer is option [B]

5. \_\_\_\_\_ is an example of insect borne disease transmitted by tse-tse fly.

- A. Green flies
- B. Malaria
- C. Drowsiness
- D. Sleeping sickness

The correct answer is option [D]

6. Which of the following disease can be contacted through cuts, wounds or bites?

- A. Ringworm
- B. Malaria
- C. Typhoid
- D. Fever

The correct answer is option [A]

7. Dust infection are caused by \_\_\_\_\_.

- A. breathing in dust that contains spittle of an infected person
- B. drinking water that has salt in it
- C. drinking contaminated water

The correct answer is option [A]

8. Water is boiled before drinking to ensure that \_\_\_\_\_.

- A. all causative agents like bacteria are killed
- B. it is sweet to drink
- C. it is bright and clear
- D. the water is beautiful

The correct answer is option [A]

9. The mouth is covered with a handkerchief when sneezing to avoid \_\_\_\_\_.

- A. coughing into the air
- B. inhaling fresh air
- C. being healthy

The correct answer is option [A]

10. The disease vector for yellow fever is \_\_\_\_\_.

- A. mosquito
- B. housefly
- C. sunflower
- D. tse-tse fly

The correct answer is option [A]

11. A \_\_\_\_\_ disease is one that is spread by a direct body contact with the infected person.

- A. contact
- B. dreaded
- C. water-borne
- D. breathing

The correct answer is option [A]

12. When someone sneezes \_\_\_\_\_ is blown into the air.

- A. viral
- B. bacteria
- C. HIV
- D. eczema

The correct answer is option [B]

13. \_\_\_\_\_ is another way of describing malnutrition.

- A. Poor bathing
- B. Poor feeding
- C. Poor hygiene
- D. Poor dressing

The correct answer is option [B]

14. Diseases caused by insect vectors are referred to as \_\_\_\_\_.

- A. water-borne diseases
- B. insect borne diseases
- C. fire borne diseases
- D. air-borne diseases

The correct answer is option [B]

15. Which of the following is true about natural passive immunity?

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

The correct answer is option [C]

16. Diseases that are transmitted from contaminated water are called \_\_\_\_\_.

- A. airborne disease
- B. food diseases
- C. water borne diseases

The correct answer is option [C]



17. \_\_\_\_\_ is a disease transmitted by mosquitoes.

- A. Sleeping sickness
- B. Malaria
- C. Fever
- D. Fibroid

The correct answer is option [B]

18. \_\_\_\_\_ is a disease caused by a virus.

- A. Pneumonia
- B. Scarlet fever
- C. Cough
- D. Chicken-pox

The correct answer is option [D]

19. What kind of drugs should one take when infected with malaria?

- A. Anti-malaria drugs
- B. Pain relieve drugs
- C. Anti-biotics
- D. Anti-inflammatory drugs

The correct answer is option [A]

20. Which of the following is not a parasite transmitted by animal?

- A. Flea
- B. Body lice
- C. Head lice
- D. Mosquitoe

The correct answer is option [D]

21. Examples of deficiency diseases among children include \_\_\_\_\_

- A. marasmus
- B. kwashiorkor
- C. scurvy
- D. all of the above

The correct answer is option [D]

22. The disease vector for elephantiasis is \_\_\_\_\_.

- A. mosquito
- B. guinea worm
- C. bats
- D. soldier ants

The correct answer is option [A]

23. One can prevent insect borne disease by \_\_\_\_\_.

- A. covering the body with clothe to avoid insect bites
- B. exposing the body to insect bite
- C. allowing insects to breed
- D. allowing stagnant water in the environment

The correct answer is option [A]

24. The disease vector for filaraisis is \_\_\_\_\_.

- A. plasmodium
- B. mosquito
- C. flies
- D. tse tse flies

The correct answer is option [B]

25. When an individual drinks water containing a bacteria, it could lead to all of the following EXCEPT \_\_\_\_\_.

- A. cholera
- B. typhoid fever
- C. poliomyelitis
- D. diarrhea

The correct answer is option [D]

26. The causative agents of airborne diseases can reach a person through \_\_\_\_\_.

- A. dust and droplet
- B. water and food
- C. dust and water
- D. droplet and food

The correct answer is option [A]

## TOPIC: FIRST AID

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

1. Gauze in first aid is used for \_\_\_\_\_.

- A. dressing
- B. clothing
- C. drying
- D. cleaning

The correct answer is option [A]

2. Bleeding can be arrested by \_\_\_\_\_.

- A. indirect pressure
- B. direct pressure
- C. all of the above
- D. none of the above

The correct answer is option [C]

3. When normal breathing is difficult or impossible, the method of passing air into the lungs is known as \_\_\_\_\_.

- A. automatic respiration
- B. artificial respiration
- C. manual respiration
- D. none of the above

The correct answer is option [B]

4. First aid for contusion or bruises is aimed at \_\_\_\_\_.

- A. stopping the pain
- B. increasing air supply
- C. covering the wound
- D. stopping the bleeding

The correct answer is option [D].

5. Which of the following is NOT an unsafe environment where accidents can occur?

- A. Slippery surroundings
- B. Sharp objects littered around
- C. Properly ventilated environment
- D. Poorly constructed building

The correct answer is option [C]

6. Which of the following is NOT a quality of a good first aider?

- A. He has a good theoretical knowledge of what first aid is all about.
- B. He is efficient.
- C. He should not be able to use words of encouragement and reassurance.
- D. He is very organised.

The correct answer is option [C]

7. Which of the following is a type of artificial respiration?

- A. Mouth to nose
- B. Mouth to ear
- C. Nose to nose
- D. Internal cardiac massage

The correct answer is option [A]

8. Sharp pointed instruments will most likely cause \_\_\_\_\_ wounds.

- A. stab
- B. contused
- C. abrasion
- D. incised

The correct answer is option [A]

9. \_\_\_\_\_ is the emergency skilled treatment carried out on the occurrence of an accident or in the case of sudden illness before medical aid is provided.

- A. Temporary cure
- B. First aid
- C. Emergency approach
- D. None of the above

The correct answer is option [B]

10. Bleeding that occurs after the actual injury is known as \_\_\_\_\_.

- A. secondary bleeding
- B. primary bleeding
- C. vitamin K deficiency
- D. none of the above

The correct answer is option [B]

11. Which of the following is a golden rule of first aid?

- A. Ensure that there is no further danger to the casualty or to yourself.
- B. Stop all bleeding.
- C. If breathing stops, give artificial respiration.
- D. All of the above.

The correct answer is option [D]

12. The following are ergogenic aids EXCEPT \_\_\_\_\_.

- A. food supplements
- B. drugs
- C. exercise
- D. stimulants

The correct answer is option [C]

13. Why should first aid be given to a casualty?

- A. To prevent further injury or complication.
- B. To sustain the life of the casualty
- C. To prevent the condition from becoming worse
- D. All of the above

The correct answer is option [D]

14. Which of the following is NOT a use of bandage in first aid?

- A. Dressing wounds
- B. Holding splints in position
- C. Cleaning the wound
- D. Forming slings

The correct answer is option [C]

15. Signs and symptoms of fracture include \_\_\_\_\_.

- A. swelling around the fracture
- B. pains around the stomach
- C. swelling in the thigh
- D. none of the above

The correct answer is option [A]

16. Which of the following CANNOT be found in a first aid box?

- A. Paracetamol
- B. Cotton wool
- C. Antiseptic
- D. Hot water

The correct answer is option [D]

17. Kinds of fractures include \_\_\_\_\_ fracture.

- A. complicated
- B. comminuted
- C. Green stick
- D. all of the above

The correct answer is option [D]

18. First aid kits are needed in \_\_\_\_\_ for use during emergencies.

- A. homes
- B. public centres
- C. vehicles
- D. all of the above

The correct answer is option [D]

19. Pressure points of the body includes all of the following EXCEPT \_\_\_\_\_ artery.

- A. femoral
- B. radial
- C. facial
- D. muscular

The correct answer is option [D]



20. What is the use of a thermometer?

- A. It is used to treat fever.
- B. It is used to determine the weather.
- C. It is used to identify wounds.
- D. It is used to determine temperature.

The correct answer is option [D]

21. First aid treatment for burns and scars is aimed at \_\_\_\_\_.

- A. getting rid of residual heat
- B. controlling shock
- C. preventing infection
- D. all of the above

The correct answer is option [D]

22. In first aid, glucose powder is given for \_\_\_\_\_.

- A. strength when exhausted after fainting
- B. good sight
- C. bleeding control
- D. good teeth

The correct answer is option [A]

23. Paracetamol in first aid is used to \_\_\_\_\_.

- A. relieve fever and head aches
- B. stop bleeding
- C. dress wound
- D. none of the above

## TOPIC: SPORTS INJURIES AND FIRST AID

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

1. When a bone is broken and cuts the skin, it is called \_\_\_\_\_ fracture.

- A. comminute
- B. compound
- C. green stick
- D. multiple

The correct answer is option [B]

2. A \_\_\_\_\_ is one in which the bone is completely broken, separated and exposed.

- A. dislocation
- B. sprain
- C. simple fracture
- D. compound fracture

The correct answer is option [D].

3. The following are types of fractures EXCEPT \_\_\_\_\_.

- A. compound
- B. green stick
- C. immovable
- D. multiple

The correct answer is option [B]

4. What causes cramps?

- A. Impaired circulation
- B. Excessive loss of salt and body fluid
- C. Vigorous muscle use
- D. None of the above

The correct answer is option [A]

5. A fracture is caused by \_\_\_\_\_.

- A. a sudden tightness of the muscle
- B. the bending or twisting of a joint
- C. the collision of the body with another bone or by a heavy fall
- D. standing for too long

The correct answer is option [C]

6. Which is an injury during sports?

- A. Pimples
- B. Rashes
- C. Boils
- D. None of the above

The correct answer is option [D]

7. A wound is said to be \_\_\_\_\_.

- A. fracture
- B. an open flesh
- C. a broken bone
- D. sprained joint

The correct answer is option [B]

8. These are common injuries in sports EXCEPT \_\_\_\_\_.

- A. concussions
- B. contusions
- C. cautions
- D. cuts and abrasions

The correct answer is option [C]

9. Sports injuries can be prevented in the following ways EXCEPT \_\_\_\_\_.

- A. skill training
- B. proper conditioning
- C. adequate kitting of players
- D. none of the above

The correct answer is option [D]

10. Dislocation, sprain, strain, bruises and cramps are \_\_\_\_\_ injuries.

- A. sports
- B. major
- C. minor
- D. ordinary

The correct answer is option [A]

11. Muscle cramp is another name for \_\_\_\_\_.

- A. sprain
- B. strain
- C. dislocation
- D. concussion

The correct answer is option [B].

12. The following are classes of joints of the human body EXCEPT \_\_\_\_\_.

- A. freely moving joint
- B. immovable joint
- C. slightly movable joint
- D. double movable joint

The correct answer is option [D]

13. Which of the following is found in a first aid box?

- A. hammer
- B. mirror
- C. bandage
- D. nails

The correct answer is option [C]

14. A person that gives immediate assistance to an injured person is called \_\_\_\_\_.

- A. friend
- B. doctor
- C. first aider
- D. nurse

The correct answer is option [C]

15. The difference between a dislocation and a sprain is that \_\_\_\_\_.

- A. in a sprain, the supporting structures of the affected joint are displaced
- B. in a sprain, the supporting structures of the affected joint are not displaced
- C. in a dislocation, the supporting structures of the affected joint are not displaced
- D. there is no difference

The correct answer is option [B].

16. A displacement of bone can also be called \_\_\_\_\_.

- A. dislocation
- B. strain
- C. fracture
- D. bruise

The correct answer is option [A]

17. A displacement of bone is known as \_\_\_\_\_.

- A. sprain
- B. strain
- C. dislocation
- D. fracture

The correct answer is option [C]

18. Dislocation is \_\_\_\_\_.

- A. broken bone
- B. displacement of bone
- C. cracked bone
- D. bruise

The correct answer is option [B]

19. First aid for muscle strain involves the use of \_\_\_\_\_.

- A. ice packs
- B. pressure bandage
- C. light massage
- D. all of the above

The correct answer is option [D]

20. Which of these is NOT a common injury in sports and games?

- A. fracture
- B. dislocation
- C. vomiting
- D. strain

The correct answer is option [C]

21. What are sprains?

- A. It is an injury that occurs when there is a forceful twisting of the joints.
- B. It is an injury of the joint in which the body is forced to bend beyond its limits of movement.
- C. Sudden tightness of the muscle.
- D. None of the above.

The correct answer is option [A]

22. When bones are displaced at the joint, it is known as \_\_\_\_\_.

- A. fracture
- B. dislocation
- C. broken bone
- D. sprain

The correct answer is option [B]

23. Injury caused by dry heat is called \_\_\_\_\_.

- A. scald
- B. burn
- C. wound
- D. sprain

The correct answer is option [B]

24. A person that gives first aid is NOT usually \_\_\_\_\_.

- A. tactful
- B. carefree
- C. cheerful
- D. resourcefulness

The correct answer is option [B]

25. Which of these methods is NOT a treatment for wounds?

- A. Stop the bleeding.
- B. Wash the wound.
- C. Close the patients nose.
- D. Dress the wound.

The correct answer is option [C]

26. An injury associated with sprinting event is \_\_\_\_\_.

- A. muscle strains of the hamstrings and calf
- B. malaria parasite infection
- C. bruises and laceration of the face
- D. tearing of the muscles of the back

The correct answer is option [A]

27. Sports injuries can be prevented in the following ways EXCEPT \_\_\_\_\_.

- A. skill training
- B. obedience to the rule
- C. adequate kitting of player
- D. adequate food

The correct answer is option [D]



28. As someone that gives first aid, which of the following injuries would need attention first?

- A. Bleeding
- B. Cramp
- C. Fracture
- D. Respiratory failure

The correct answer is option [D]

29. A fracture is known as a \_\_\_\_\_ bone.

- A. broken
- B. cracked
- C. whole
- D. sprained

The correct answer is option [A]

30. Sport injuries include the following EXCEPT \_\_\_\_\_.

- A. rashes
- B. bruise
- C. abrasion
- D. fracture

The correct answer is option [A]

31. Which of the following injury occurs to the muscle during sporting events?

- A. Strain
- B. Sprain
- C. Fracture
- D. Dislocation

The correct answer is option [A].

32. The following injuries are likely to occur when two players collide EXCEPT \_\_\_\_\_.

- A. sprains
- B. contusion
- C. cramps
- D. dislocation

The correct answer is option [C].

33. The following are types of open wounds EXCEPT \_\_\_\_\_.

- A. abrasion
- B. sprain
- C. incision
- D. puncture

The correct answer is option [B]

34. Which of the following injuries may occur to a person whose blood supply to some muscles is disrupted?

- A. contusions
- B. cramps
- C. sprains
- D. fracture

The correct answer is option [B].

35. If a player temporarily loses consciousness due to a forceful movement of the head, he is suffering from a \_\_\_\_\_.

- A. contusion
- B. fracture
- C. sprain
- D. concussion

The correct answer is option [D].

36. The following are examples of sports injuries EXCEPT \_\_\_\_\_.

- A. bruise
- B. abrasion
- C. rashes
- D. dislocation

The correct answer is option [C]

37. Certain mineral salts are responsible to maintain normal functioning of the body, but the body can do without them.

- A. True
- B. False

The correct answer is option [B]

38. The temporary loss of consciousness, due to a violent or forceful movement of the head, and disturbance of the brain's normal functioning process is called \_\_\_\_\_

- A. cuts
- B. concussion
- C. cautions
- D. contusion

The correct answer is option [B]

39. All these are qualities of someone that gives first aid EXCEPT being \_\_\_\_\_.

- A. knowledgeable
- B. nervous
- C. observant
- D. resourceful

The correct answer is option [B]

40. An open flesh is called a \_\_\_\_\_.

- A. sprain
- B. fracture
- C. wound
- D. strain

The correct answer is option [C]

41. An injury formed due to wet heat it is called a \_\_\_\_\_.

- A. scald
- B. wound
- C. sprain
- D. strain

The correct answer is option [A]

42. If a player's joint is swollen, painful and malfunctioning, he is most likely suffering from a \_\_\_\_\_.

- A. concussion
- B. contusion
- C. dislocation
- D. cramp

The correct answer is option [C].

43. A fracture is a \_\_\_\_\_.

- A. strain
- B. sprain
- C. bruise
- D. broken bone

The correct answer is option [D]

44. Dislocation is when two bones are \_\_\_\_\_ at the joint.

- A. displaced
- B. sprain
- C. fractured
- D. wounded

The correct answer is option [A]

45. The difference between cuts and contusions is that \_\_\_\_\_.

- A. cuts are bruises while contusions are breaks in the structure of a bone
- B. contusions are open wounds while cuts are bruises on the body surface
- C. cuts are open wounds while contusions are bruises on the body surface
- D. none of the above

The correct answer is option [C].

46. \_\_\_\_\_ are associated with a sudden vigorous use of the muscles.

- A. Fractures
- B. Dislocation
- C. Cramps
- D. Sprains

The correct answer is option [C].

47. Cramp can be caused by \_\_\_\_\_.

- A. excessive loss of salt
- B. impaired circulation
- C. vigorous use of muscles
- D. injury to the muscle

The correct answer is option [B]

48. A \_\_\_\_\_ is caused by overstretching of a muscle.

- A. fracture
- B. dislocation
- C. strain
- D. sprain

The correct answer is option [C]

49. Dislocation is also known as \_\_\_\_\_.

- A. bruise
- B. broken bone
- C. crack bone
- D. none of the above

The correct answer is option [D]

## TOPIC: CAMPING AND OUTDOOR EDUCATION

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

1. Which of these is an indoor recreational activity?

- A. Camping
- B. Picnic
- C. Hiking
- D. None of the above

The correct answer is option [D]

2. The following are all outdoor games except \_\_\_\_.

- A. monopoly
- B. basketball
- C. volleyball
- D. badminton

The correct answer is option [A]

3. The following are examples of hiking activities EXCEPT \_\_\_\_.

- A. spiritual hike
- B. moonlight hike
- C. nature hike
- D. treasure hike

The correct answer is option [A]

4. \_\_\_\_ should be given repeatedly to the student at a camp ground.

- A. Chalk
- B. Safety instructions
- C. Unsafe instructions

The correct answer is option [B]

5. Skills needed for performing camping activities include the following EXCEPT \_\_\_\_\_.

- A. wood chopping
- B. building camp fire
- C. making tents
- D. building castles

The correct answer is option [D]

6. Examples of hiking activities includes the following EXCEPT \_\_\_\_\_.

- A. treasure hike
- B. nature hike
- C. moonlight hike
- D. winter hike

The correct answer is option [D]

7. Which of the following is an objective for outdoor education?

- A. To promote students' acquisition of leadership qualities
- B. To enhance students' self-reliance
- C. To acquire the rules and skills of safe living
- D. All of the above

The correct answer is option [D]

8. Basketball is a game that should be done \_\_\_\_\_.

- A. in the class
- B. in the room
- C. outdoor
- D. during examination

The correct answer is option [C]



9. One benefit of engaging in recreational activities is \_\_\_\_\_.

- A. relaxation
- B. boredom
- C. fatigue
- D. hypertension

The correct answer is option [A]

10. Outdoor education includes the following EXCEPT \_\_\_\_\_.

- A. camping
- B. hiking
- C. canoeing
- D. none of the above
- E. swimming

The correct answer is option [D]

11. Hiking is an \_\_\_\_\_ activity.

- A. outdoor
- B. indoor
- C. unrecreational

The correct answer is option [A]

12. \_\_\_\_\_ involves a group of people staying away from home and living in the open environment such as tents, makeshift shelter etc, for a period of time.

- A. Picnics
- B. Hiking
- C. Shelter
- D. Camping

The correct answer is option [D]

13. Sports facilities and equipment make up the sports \_\_\_\_\_.

- A. apparatus
- B. appendix
- C. aparatus
- D. pack

The correct answer is option [A]

14. Which of the following is NOT an outdoor educational activity?

- A. Camping
- B. Hiking
- C. Fishing
- D. Farming

The correct answer is option [D]

15. Camping, camp craft, picnic, hiking and mountaineering are all examples of \_\_\_\_\_ recreational activities.

- A. indoor
- B. outdoor
- C. minor
- D. school

The correct answer is option [B]

## TOPIC: CARDIO-RESPIRATORY FUNCTIONS DURING EXERCISES

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

1. Cardiac output \_\_\_\_\_ during exercise.

- A. increases
- B. stops
- C. decreases
- D. remains unchanged

The correct answer is option [A]

2. At the beginning of physical exercise, some athletes feel pain in the ribs known as \_\_\_\_\_.

- A. a stitch in the side
- B. a stitch in time
- C. a pin in the side
- D. a pain in the side

The correct answer is option [A]

3. \_\_\_\_\_ is a state of the body when the feeling of tiredness gives way to a feeling of energy during prolonged exercise.

- A. Last wind
- B. Second wind
- C. Second chance
- D. First wind

The correct answer is option [B]

4. Cigarette smoking can badly affect ventilation by \_\_\_\_\_ the amount of oxygen intake.

- A. building up
- B. manipulating
- C. increasing
- D. reducing

The correct answer is option [D]

5. Factors that affect cardiac output includes \_\_\_\_\_.

- A. heart volume and heart rate
- B. stroke volume and heart rate
- C. heart beat
- D. heart volume

The correct answer is option [B]

6. The heart rate can be measured manually by \_\_\_\_\_.

- A. placing the hand on the right chest region
- B. feeling the radial artery in the wrist
- C. lying down quietly
- D. all of the above

The correct answer is option [B]

7. During exercise, the body meets the demand of blood through increased \_\_\_\_\_.

- A. heart rate
- B. stroke volume
- C. cardiac output
- D. heart beat

The correct answer is option [C]

8. Just at the beginning of any physical exercise, there is \_\_\_\_\_ in ventilation.

- A. a decrease
- B. an increase
- C. a reverse
- D. a small decrease

The correct answer is option [B]

9. The amount of blood giving out per heart beat is known as the \_\_\_\_\_

- A. heart rate
- B. stroke volume
- C. heart beat
- D. cardiac output

The correct answer is option [B]

10. \_\_\_\_\_ refers to the volume of blood pumped per minute by the right or left ventricle.

- A. Cardiac beat
- B. Cardiac output
- C. Cardiac rate
- D. Ventricular movement

The correct answer is option [B]

11. The right and left sides of the heart are separated by the \_\_\_\_\_.

- A. tricuspid valves
- B. valves
- C. septum
- D. blood

The correct answer is option [C]

12. The valves in the heart are responsible for \_\_\_\_\_.

- A. the pumping of blood
- B. the control of the direction of blood flow
- C. the sieving of blood
- D. the addition of oxygen to blood

The correct answer is option [B]

## TOPIC: COMBATIVE SPORTS

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

1. The winner of any wrestling contest is \_\_\_\_\_.

- A. the one who falls himself to the ground
- B. the one who rubs sand on his body
- C. the one who succeeds in falling his opponent to the ground with his back on the ground

The correct answer is option [C]

2. The following are officials in Judo EXCEPT \_\_\_\_\_.

- A. referee
- B. judges
- C. coach
- D. time keeper

The correct answer is option [C]

3. \_\_\_\_\_ are bruises on the body surfaces caused by the damage of some minor blood vessels around the bruised area.

- A. Cuts and abrasions
- B. Concussions
- C. Contusions
- D. Cramps

The correct answer is option [C]

4. What country did judo originate from?

- A. London
- B. Japan
- C. Nigeria
- D. North America

The correct answer is option [B]

5. In wrestling a fall occurs when the opponent's shoulder blade is \_\_\_\_\_.

- A. held to the ground
- B. touched
- C. slapped
- D. pushed

The correct answer is option [A]

6. \_\_\_\_\_ is a method of pinning an opponent down.

- A. Finger arm-lock
- B. Double arm-lock
- C. Snap down and go behind

The correct answer is option [B]

7. A combative sport is a form of \_\_\_\_\_.

- A. exercise
- B. fight
- C. swimming
- D. showing mankind

The correct answer is option [A]

8. Judo was introduced in the year \_\_\_\_\_.

- A. 1889
- B. 1882
- C. 1907
- D. 1953

The correct answer is option [B]



9. Walking or trekking for some distances to a designated place can be referred to as \_\_\_\_.

- A. class picnic
- B. free time fun
- C. hiking
- D. indoor activity

The correct answer is option [C]

10. How long does a judo match last?

- A. 15-20 minutes
- B. 3-10 minutes
- C. 20-30 minutes
- D. 30-45 minutes

The correct answer is option [B]

11. Which of the following is a combative sport?

- A. Soccer
- B. Volleyball
- C. Shot putt
- D. Wrestling

The correct answer is option [D]

12. A wrestler before wrestling stands in a \_\_\_\_ position.

- A. ready
- B. staggering
- C. shaking
- D. unsteady

The correct answer is option [A]

13. When a wrestler grips and locks his opponent's hand, it enables him to \_\_\_\_\_.

- A. loose the game
- B. overpower his opponent
- C. play with the opponent

The correct answer is option [B]

14. Judo throwing skills include \_\_\_\_\_.

- A. osotogari
- B. taiotoshi
- C. ippon-seoinage
- D. all of the above

The correct answer is option [D]

15. The following are techniques used in African traditional wrestling EXCEPT \_\_\_\_\_.

- A. preliminary holds
- B. archery
- C. defensive position
- D. offensive moves

The correct answer is option [B]

## TOPIC: MINERALS AND VITAMINS

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

1. Vitamin B2 is also known as \_\_\_\_\_.

- A. folic acid
- B. riboflavin
- C. ascorbic acid
- D. thiamine

The correct answer is option [B]

2. What percentage of the body is made up of water?

- A. 80 - 90%
- B. 40 - 50%
- C. 60 - 70%
- D. 20 - 30%

The correct answer is option [A].

3. Fruits and vegetables contains \_\_\_\_\_.

- A. vitamins
- B. protein
- C. carbohydrate
- D. fat

The correct answer is option [A]

4. Insufficient amount of vitamin A in the body may cause \_\_\_\_\_.

- A. anaemia
- B. dizziness
- C. poor memory
- D. poor vision

The correct answer is option [D]

5. When the body lacks sufficient amount of vitamin D, it may lead to \_\_\_\_\_.

- A. pellagra
- B. rickets in children
- C. scurvy
- D. night blindness

The correct answer is option [B]

6. The inability of blood to clot can result from the deficiency of \_\_\_\_\_.

- A. vitamin K
- B. proteins
- C. vitamin D
- D. carbohydrates

The correct answer is option [A]

7. The recommended amount of water that should be consumed everyday is \_\_\_\_\_ cups.

- A. 4 -5
- B. 8 -10
- C. 6 - 7
- D. 2 - 3

The correct answer is option [C].

8. Which of the following are macro-nutrients?

- A. Proteins, minerals and vitamins
- B. Minerals, proteins and fats
- C. Fat, protein and carbohydrate
- D. Carbohydrates, fats and vitamins

The correct answer is option [C].

9. When the blood is unable to form clot after an injury, it is due to the deficiency of \_\_\_\_\_.

- A. vitamin K
- B. vitamin C
- C. vitamin B
- D. calcium

The correct answer is option [A]

10. Ricket is due to the deficiency in \_\_\_\_\_.

- A. protein
- B. vitamin D
- C. fat
- D. vitamin C

The correct answer is option [B]

11. Cod liver oil is rich in \_\_\_\_\_.

- A. calcium
- B. vitamin D
- C. sodium
- D. chloride

The correct answer is option [B]

12. Scurvy is caused by deficiency in \_\_\_\_\_.

- A. amino acid
- B. vitamin C
- C. fatty acids
- D. minerals

The correct answer is option [B]

13. The mineral which is chiefly used to build the bone is \_\_\_\_\_.

- A. potassium
- B. calcium
- C. sodium
- D. magnesium

The correct answer is option [B]

14. Insufficient quantity of vitamin A in the body may cause \_\_\_\_\_.

- A. head ache
- B. cold
- C. malaria
- D. none of the above

The correct answer is option [D]

15. The lack of blood clotting power is due to the absence of vitamin \_\_\_\_\_.

- A. A
- B. K
- C. D
- D. E

The correct answer is option [B]

16. Vitamin \_\_\_\_\_ is required for wound healing.

- A. A
- B. B
- C. C
- D. D

The correct answer is option [C]

## TOPIC: NUTRITION AND SPORTS

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

1. Which of the following is NOT a characteristic of ectomorphs?

- A. Fragile and delicate body structure
- B. flat abdomen with small buttocks and long thin legs
- C. Dry skin
- D. Fatty breasts

The correct answer is option [D]

2. Based on somatotyping, the human body is categorized into all EXCEPT \_\_\_\_\_

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

The correct answer is option [B]

3. Digestion of food begins in the \_\_\_\_\_.

- A. mouth
- B. stomach
- C. lungs
- D. kidney

The correct answer is option [A]

4. Fats provide the body with \_\_\_\_\_.

- A. energy
- B. heat
- C. strength
- D. light

The correct answer is option [B]

5. Which of the following is NOT a characteristic of mesomorphs?

- A. Possession of square hard and rugged body
- B. Possession of massive muscles
- C. Possession of powerful arms
- D. large head and short neck

The correct answer is option [D]

6. Which of the following is NOT a kind of vitamin?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin F

The correct answer is option [D]

7. Factors that affect heat loss include \_\_\_\_\_.

- A. the type of air condition we use
- B. bathing technique
- C. the amount of water we drink
- D. the amount of blood circulating in the vessels in the skin

The correct answer is option [D]

8. During physical activity, the athlete must take plenty of water, especially at the end of training in order to replace water lost during training.

- A. True
- B. False

The correct answer is option [A]



9. Which of the following nutrients should a competitor take more just before his game?

- A. fats and oils
- B. proteins
- C. carbohydrates
- D. food supplements

The correct answer is option [C].

10. Starch is a type of \_\_\_\_\_.

- A. protein
- B. carbohydrate
- C. fat
- D. oil

The correct answer is option [B]

11. Heat is lost through the skin by \_\_\_\_\_.

- A. convection of the air circulation around the body
- B. conduction to the cloth
- C. radiation to the surrounding air
- D. all of the above

The correct answer is option [D]

12. A reduced quantity of fatty foods should be taken during pre-competition periods, because \_\_\_\_\_.

- A. fatty foods can stain the competitor's clothes
- B. fatty foods can cause obesity
- C. fats are more difficult to digest than proteins or carbohydrates
- D. all of the above

The correct answer is option [C]

13. Which of the following is NOT a characteristic of endomorphs?

- A. Roundness and softness of the body
- B. Possession of small bones
- C. Powerful arms and legs
- D. Large head and short neck

The correct answer is option [C]

14. During training, sufficient amounts of \_\_\_\_\_ should be taken to build up the energy reservoir of the body.

- A. proteins
- B. carbohydrates
- C. vitamins
- D. all of the above

The correct answer is option [B]

15. \_\_\_\_\_ is a method of classifying the human body into types relative to their inherited characteristics/physique.

- A. Physiology
- B. Kingdom
- C. Somatotyping
- D. Zoology

The correct answer is option [C]

16. Proteins can serve as energy sources in the body.

- A. True
- B. False

The correct answer is option [A].

17. What vitamin helps in the formation of tissues and bones as well as the healing of wounds?

- A. Vitamin B
- B. Vitamin A
- C. Vitamin C
- D. Vitamin D

The correct answer is option [C].

18. \_\_\_\_\_ are substances which are used to increase the level of athletic performance.

- A. Training equipment
- B. Ergogenic aids
- C. Sport kits
- D. Very clean water

The correct answer is option [B].