PHYSICAL HEALTH EDUCATION

FOR

Junior Secondary School

Practice Questions and Answers



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QUESTIONS

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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	s 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	
Stell Control of the	
3. When a player wins due to smallest number of scalled	strokes per round, it is
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	

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5. In golf, shan	king is the act	t of hitting the ba	all	
A. too hard				
B. too soft				
C. with curves	;			
D. with styles				
6. To win a trad	ditional wrestli	ing, a participant	t must	
A. completely	hold down the	e opponent on h	is back	
B. completely	hold down the	e opponent on h	is belly	
C. completely	hold down the	e opponent on h	is hand	
D. carry the or	oponent up ar	nd hold him there	9	
7. When a play known as		o the highest nui	mber of holes	s in golf, it is
A. match play				
B. fast play				
C. medal play				
D. hole play				
8. Take down i	n wrestling re	fers to		
A. bringing an	opponent do	wn and gaining o	control over h	nim
B. taking an o	pponent dowr	n with a blow		
C. losing the g	jame			
9. How many g	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 wa	as organized and held in
A. Scotland	
B. Poland	
C. USA	
D. Kenya	
X Oa	-Stier
15. The act of hitting the ball too h	ard 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 the with continuous intake of o	hose performed by an individua oxygen.	I for long periods
A. Anaerobic		
B. Aerobic		
C. Endurance		
D. Weight training		
2. The breakdown of glyco	gen produces and ene	rgy.
A. ATP		
B. ADP		
C. pyruvic acid		
D. lactic acid		
E. ADT		
3. The following are anaero	obic exercises EXCEPT	
A. sprints		
B. jumps		
C. marathons		
D. the use of weights		
1 The process of using we	eights to achieve physical fitnes	e je known ae
——.	signts to achieve physical nules	3 IS KIIOWII US
A. weight training		
B. circuit training		
C. nutrition		
D. anaerobic exercise		

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5. Weight training exercise	es include the following EXCEPT $_$	·
A. bench press		
B. squats		
C. press-ups		
D. arm curls		
6 is a kind of fitnes	SS.	
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		
	eries of five 400m races and rests aces, what conditioning activity is t	
A. Aerobic exercises		
B. Weight training		
C. Internal training		
D. Circuit training		
9. Circuit training exercises	s are useful in development of	<u> </u>
A. flexibility		
B. balance		
C. endurance		
D. all of the above		

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10 exercises are the short time without continuous	ose performed by an individual for a very s intake of oxygen.
A. Anaerobic	SINO 10
B. Aerobic	
C. Short distance	
D. None of the above	
50	
11. Weight training can be use	ed to achieve
A. increase in speed	
B. endurance	
C. muscular strength	
D. all of the above	
12. A programme of physical between performances is cal	exercises in which the individual rests in lled
A. interval training	
B. circuit training	
C. aerobic exercises	
D. none of the above	
13. Round shoulders and hun	chback are other names for
A. bowlegs	
B. lordosis	
C. kyphosis	
D. scoliosis	
14. Circuit training exercises i	nclude the following EXCEPT
A. running	
B. press-up	
C. high jump	
D sit-up	

15. The special part of th known as	e cell where aerobic meta	bolism takes place is
A. nucleus		
B. artery		
C. lungs		
D. mitochondria		

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TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

DIRECTION: Choose the correct answer from the lettered options.

Competitive programmes and of an institution are called	d activities organ activities.	ised within the fo	ur walls
A. inter-house			
B. intramural			
C. extramural			
D. none of the above			
2. The British Empire Game is t	he former name	for	
A. World cup			
B. Nations cup			
C. Commonwealth games			
D. All Africa games			
3. What is the full meaning of N	I.S.F?		
A. National Shipping Ferries			
B. National Shoppers Federation	on		
C. National Sports Festival			
D. National Sports Football			
4. Which of the following perso in Nigeria?	ns is NOT a pione	er of physical ed	ucation
A. Adedeji .T.A			
B. Oliseh .S			
C. Ekperigin .H.J			
D. Funsho .A			

5. Which of the following	g is NOT an aerobic	exercise?	
A. Marathons			
B. 1500m race			
C. 5000m race			
D. sprint			
6. The first Commonwea	alth games took plac	ce in the year	
A. 1920			
B. 1930			
C. 1940			
D. 1950			
7. When hygiene rules a	re kept, it helps	.	
A. maintain safety on th	ie road		
B. transmit diseases an	d infection		
C. prevent diseases and	d infections		
D. prevent injuries			
8. Which country hosted	the first Commonv	vealth games?	
A. France			
B. South Africa			
C. England			
D. Canada			
9. Physical Education ac	tivities carried out ir	n the forest area	ι of Nigeria
include			
A. climbing of trees and	l hills		
B. moonlight games for	boys and girls		
C. hide and seek game	s for children		
D. all of the above			

shapes?	d classification of borie according to their
A. Flat bone	
B. Short bone	
C. Irregular bone	
D. All of the above	
11. Germans' contribution tov following EXCEPT	vards physical education came through the
A. Adolph Spices	
B. Fredrick Ling	
C. Friedrich Ludwig	
D. Johann Bernhard	
12. Who abolished the Olymp	oic games?
A. Emperor Caesar	
B. Byzantine Emperor Theod	dosius
C. Byzantine Emperor Herale	d O
D. Byzantine Obasanjo	
13. Pentathlon consists of	games.
A. 4	
B. 5	
B. 5 C. 6 D. 7	
D. 7	

14. Physical Education activities include	s carried out in the forest area of Nigeria
A. climbing of trees and hills	
B. moonlight games for boys a	nd girls
C. hide and seek games for ch	ildren
D. all of the above	
15. The father of Physical Educa	ation 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 too	ok place in
A. Italy	
B. Spain	
C. France	
D. none of the above	
18. Which of these is NOT an ef	fect of alcohol on sporting performance?
A. reduced oxygen carrying ab	oility
B. dehydration	
C. slow reaction time	
D reduced co-ordination	

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TOPIC: PLANES OF THE HUMAN BODY

DIRECTION: Choose the correct answer from the lettered options.

 The meeting point of the the of the body. 	nree major planes o	of the body is the	17
A. focal point			
B. centre of gravity			
C. meeting point			
D. central area			
2. The special part of the cel known as	l where aerobic me	etabolism takes p	lace is
A. nucleus			
B. artery			
C. lungs			
D. mitochondria			
3. Which one of the following	g planes divides the	e body into two ha	alves?
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			

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5. The body plane that describes from is referred to as	om the left to the right side of the boo	ζŁ
A. sagittal plane		
B. back plane		
C. frontal plane		
D. vertical plane		
D. Vertical plane		
6. The imaginary levels and flat surfacan be described is called	aces through which human movemer	nt
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 boo	dy 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, _ fitness.	as ingredients for physical	
A. endurance and flexibility		
B. medicine and bath		
C. flexibility and medicine		

10. The process of gradually adjusted known as	usting to working at higher	altitudes is
A. accommodation		
B. acclimatization		
C. adjustment		
D. none of the above		
11. The following are different pla plane.	anes of the human body EX	CEPT
A. frontal		
B. curve		
C. sagittal		
D. horizontal		

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TOPIC: INTERNATIONAL SPORTS COMPETITIONS

DIRECTION: Choose the correct answer from the lettered options.

Nigeria made its first appear	earance in Olym	pics in	
A. Helsinki			
B. America			
C. India			
D. Canada			
2. Nigeria became a membe	er of the Olympi	c movement in _	
A. 1957			
B. 1950			
C. 1951			
D. 1952			
ALS II			
3. The most important thing part, just as the most import the	17.16		
A. Olympic motto			
B. Olympic creed			
C. Olympic oath			
D. Olympic anthem			
4. "In the name of all compe Olympic games, respecting in the true spirit of sportsma our teams". This is the	and abiding by	the rules which (govern them,
A. Olympic motto			
B. Olympic creed			
C. Olympic oath			
D. Olympic anthem			
5. In the Olympic motto, who	at is the meanin	g of "Fortius".	

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A. bigger			
B. faster			
C. stronger	RC.		
D. taller			
6. FIFA was	formed in the year _	_0E	
A. 1314			
B. 1904			
C. 1992			
D. 1967			
	the following serves I unity and peace?	as an instrument	for promoting
A. Nigerian	police		
B. Universit	ies		
C. Internati	onal airport		
D. Sports			

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TOPIC: EFFECTS OF THE ENVIRONMENT ON THE HUMAN BODY

DIRECTION: Choose the correct answer from the lettered options.

1 are muscle p through sweating as exe			
A. Heat cramps	2001	•	
B. Muscle strain			
C. Muscle shiver			
D. Acclimatization			
2. In cold environments,	muscle contraction	on helps conserve	∋
A. cold			
B. heat			
C. sweat			
D. energy			
3. Muscle pain due to e when exercise is perforr		30, No. 2	ating occurs
A. cool			
B. warm			
C. very cold			
D. very hot			
4. In a environment environment the skin causing a reduct the body.	100		
A. wet			
B. hot			
C. warm			
D. cold			

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5. In cold environ	ments, shivering lead	ds to the production	າ of
A. sweat			
B. heat			
C. sound			
D. cold			
6 is the altitudes.	ne process of gradua	al adjustment to wo	rking at higher
A. Relaxation			
B. Resting			
C. Acclimatizatio	n		
D. Walking			
7. The recommer	nded daily sleep requ	irement for new bo	orn infants is
A. 12hr			
B. 20-22hr			
C. 8-10hr			
D. 7-9hr			

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TOPIC: BODY MECHANICS AND FUNCTIONS

DIRECTION: Choose the correct answer from the lettered options.

1 in swimming is the ability of a swimmer to apon the water to enable hands and legs movement.	oply sufficient force
A. Strength	
B. Mobility	
C. Flexibility	
D. Endurance	
2. Endurance activities in exercising includes all of the EXCEPT	following
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	

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5. Swimmers must possess to be successful.	, and	qualities in orde
A. mobility, kindness, independ	dence	
B. a good appetite, flexibility, s		
C. mobility, strength, endurand		
D. none of the above		
6. A soccer player needs stren fitness.	gth, as ingredie	ents for physical
A. endurance and flexibility		
B. medicine and bath		
C. flexibility and medicine		
7. Sit-up exercise helps to		
A. strengthen the abdominal a	nd trunk muscles	
B. strengthen the femur and c	arpas	
C. enlarge the chest and spine		
D. enlarge the arm muscles		
8. The knee bend exercise is fo	or developing the	
A. toe and calf		
B. leg and calf muscles		
C. shoulder and finger		
COL.		
9 in swimming is define the full range of movement.	ned as the ability to us	se the limbs through
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

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TOPIC: AQUATIC SPORTS

DIRECTION: Choose the correct answer from the lettered options.

1. Which of the following is	a basic swimming sk	cill?	
A. The back stroke			
B. The leg stroke			
C. The dancing stroke			
D. The clapping stroke			
2. The swimming stroke the	nat best adopts the n	atural form of	breathing is
A. side stroke			
B. front crawl			
C. breast stroke			
D. back crawl			
3. Which one of the following	ng is not a basic swir	mming stroke?	S Keg
A. Back stroke			
B. Glide stroke			
C. Breast stroke			
D. Butterfly stroke			
4. In which of the following and closing of a pair of scis		tion likened to	the opening
A. Side stroke			
B. Back stroke			
C. Middle stroke			
D. Glide stroke			

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5. The following are safety rules for s	wimmers EXCEPT
A. learners should always stay at the	e shallow end of the pool
B. splash water over the body when	going into cold water
C. learners should not engage in any	y other activity in the pool
D. use the pool when the life guard	s 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 throughout the race.	must remain in his or her lane
A. True	
B. False	
9. Aquatic sports takes place in	-x(e ₀₁ ,
A. field	
B. water	
C. lane	
D street	

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10. The following sports are done	on water EXCEPT
A. boating	
B. sailing	
C. water skiing	
D. water capping	
11. Aquatic events includes the fol	llowing EXCEPT
A. boating	
B. shipping	
C. canoeing	
D. water skiing	
12 is another name for fac	ce 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 i	is the reverse of the leg action in the
(S)	
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 EXCEPT	swimmers
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. Jugging	
300	

TOPIC: ARCHERY

DIRECTION: Choose the correct answer from the lettered options.

from a set distance.	volves shooting arrows at a	target for
A. fitness		
B. distance		
C. strength		
D. accuracy		
2. Archers shoot	number of arrows in an end	100
A. six		
B. two		
C. four		
D. eight		
3. Which of the following	equipment is needed for ar	chery?
A. Bow		
B. Arrow		
C. Armguard		
D. All of the above		
4. Modern competitive ta	arget archery is often goverr	ned by the
A. Federation of Archery	Sports	
B. International Archery	Federation	
C. international Federation	on of Archery	
D. International Archery	Systems	
C. international Federation	on of Archery	

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5. The competitive archery to accuracy from a set distance		ng arrows at a target for
A. target archery		
B. bow fishing		
C. bow hunting		
D. bow string		
6. An expert archer is some	etimes called	- ·
A. an archer		
B. a bowman		
C. a shooter		
D. a toxophilite		
cour,		
7. Which of these is NOT rel	levant to the game of	of archery?
A. Bracing of bow		
B. Firing at a target		
C. Shooting with bow and a	arrow	
D. Shooting with catapult		
0.71	Service Control of the Control of th	
8. The bow and arrow game	e can be called	·
A. Olympics		
B. target		
C. aiming game		
D. archery		
MS.		
9. To load in the sport of arc	chery, the bow shou	ıld 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 conta waist.	ainer for holding arrows, usu	ually worn around the
A. quiver		
B. belt		
C. satchel		
D. arrowers		
<i>7</i>	500	
	oric or modern must consis	t of
A. glass		
B. strings		
C. paper		
D. metal		
12. Which of the following	g is NOT an equipment used	I in archery?
A. Finger tab		
B. Chestguards		
C. Bow string		
D. Racket		
13 is another name	ne for archery.	
A. Toxophily		
B. Taxonomy		
C. Shooting		
14. To load in the sport of	f archery, the bow should p	oint
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
В.	archery hunting
C.	bow hunting
D.	archery game
16.	To shoot an arrow, an archer must first
A.	assume the correct stance
В.	purchase a strong bow
C.	purchase a strong arrow
D.	use a self-bow
17.	A person practicing archery is called
A.	a firer
В.	a shooter
C.	a bower
D.	an archer
18.	Another name for an archer is
Α.	a shooter
В.	a bowman
C.	bower
D.	arrower
19.	Archery first appeared in the Olympic games in
A.	1700
В.	1800
C.	1900
D.	2000

20. How many archery	y events are there in the Olym	npics?
A. 1		
B. 2		
C. 3		
D. 4		
21. A nock is		
A. a container for hold	ding arrows, usually worn aro	und the waist
B. the attachment on bowstring	the rear end of an arrow that	holds it in place on the
C. a weight mounted	on the bow to stabilize it duri	ng and after a shot
22. Archery has histor	ically been used in	
A. swimming		
B. drawing		
C. hunting		
D. climbing		

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TOPIC: ATHLETICS

DIRECTION: Choose the correct answer from the lettered options.

is not a multi-event in athletics.

A. Heptathlon		
B. Octagon		
C. Decathlon		
D. Pentathlon		
2. If a marathon is r	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 e	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 e	events is not a jumping ev	ent?
A. Long jump		
B. Triple jump		
C. High jump		
D. Javelin throw		

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

D. Clerk of course

10. Which of the following water and negotiate barri		000 metres sees r	unners jump
A. Hurdling			
B. Relay			
C. Steeplechase			
D. Road running			
11. The following are object	ctives of extrar	nural activities EX	CEPT
A. to provide opportunitie performance levels	es for gifted stu	udents to develop	high
B. to learn how to win wit	th pride		
C. to learn how to lose g	racefully		
D. to motivate students to	o exercise		
12. Which of the following	is not a throw	ing event?	
A. Javelin throw			
B. Shot putt			
C. Pole vault			
D. Hammer			
13 is defined as a especially under competit	•	nysical exercises a	and sports,
A. Match			
B. Soccer			
C. Athletics			
D. Gymnastics			

14. The 5000 metres and 10,000 metres event are classified a	as
A. long distance	
B. broad running	
C. relay	
D. hurdling	
15. Sports programmes played outside the school are known activities.	as
A. intramural	
B. intermural	
C. exomural	
D. extramural	
50 kilometers? A. Race walking	
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 EXCEF	PT
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 apportunities 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

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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

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5. Protein can be derived	d from the following EXCEPT	
A. fish	Ch.	
B. beans		
C. rice		
D. meat		
35 ⁵ 10		
6. Digestion of carbohyd	Irate hegins in the	
A. mouth	rate begins in the	
B. stomach		
C. small intestine		
D. large intestine		
7. Glycogen is for carboh	nydrate as is for protein.	
A. urea		
B. alanine		
C. triglyceride		
D. maltose		
8. The digestion of protei	ins starts in the	
A. mouth		
B. stomach		
C. duodenum		
D. jejunum		
, de		
9. Fat is stored as	Store Store	
A. alanine	*C23**	
B. glycerol		
C. glycogen		
D. lactic acid		

10. The end product of f	fat is	
A. glucose		
B. glycogen		
C. amino acid		
D. triglyceride		
11. Glucose is the smalle	est unit of	
A. proteins		
B. carbohydrate		
C. minerals		
D. vitamins		
12. Extra sugars in the b	oody are stored in the	
A. brain		
B. heart		
C. liver		
D. kidney		
13. The enzyme that act	ts first on carbohydrate is ca	alled
A. ptyalin		
B. maltose		
C. sucrose		
D. succus intercus		
14. Before the body can broken down into	use simple carbohydrates, 	they must first be
A. fructose		
B. sucrose		
C. galactose		
D. alucose		

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 org	ans of the digestive system E	XCEPT
A. mouth		
B. pharynx		
C. larynx		
D. esophagus		
19. The following are foo	d sources for carbohydrates	EXCEPT
A. vegetables		
B. fruits		
C. sugars		
D sov		

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 digestion in the	_ is the name given to a collection of enzymene small intestine.	es that a
A. Succus inte	ericuss	
B. Sucrose		
C. Ptyalin		
D. Chyme		
26. The digest	tive tract is also known as canal.	
A. respiratory	, steller	
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.

Examples of insect-borne	diseases includes the following EXCEPT	ļ
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 disea	ase caused by bacteria.	
A. Measles		
B. Mumps		
C. Tuberculosis		
D. Common cold		
4. Smallpox is a disease cau	used by	
A. malaria		
B. a virus		
C. a fungi		
D. fever		

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5 is an example of in	sect borne disease transmitted by tse-tse fly
A. Green flies	
B. Malaria	
C. Drowsiness	
D. Sleeping sickness	
.X.5.1.1	
6 Which of the following dise	ease can be contacted through cuts, wounds
or bites?	o
A. Ringworm	
B. Malaria	
C. Typhoid	
D. Fever	
7. Dust infection are caused	by
A. breathing in dust that cor	ntains spittle of an infected person
B. drinking water that has sa	alt in it
C. drinking contaminated wa	ater
· ·	
8. Water is boiled before drir	oking to ensure that
A. all causative agents like b	
B. it is sweet to drink	actoria are killed
C. it is bright and clear	
D. the water is beautiful	
9. The mouth is covered with	n a handkerchief when sneezing to avoid
A coughing into the air	
A. coughing into the air	
B. inhaling fresh air	
C boing boolthy	

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10. The disease vector for yello	w fever is
A. mosquito	
B. housefly	
C. sunflower	
D. tse-tse fly	
11. A disease is one the infected person.	at is spread by a direct body contact with
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 de	scribing malnutrition.
A. Poor bathing	
B. Poor feeding	
C. Poor hygiene	
D. Poor dressing	
14. Diseases caused by insect v	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 passiv	ve immunity?
A. An individual make his	own antibodies after he ge	ets the disease.
B. A child makes his antik	oodies after receiving a vac	cine.
C. A child gets his antibo	dies from his mother while	in the womb.
D. None of the above		
16. Diseases that are tran	smitted from contaminated	I water are called
A. airborne disease		
B. food diseases		
C. water borne diseases		
17 is a disease tra	insmitted by mosquitoes.	
A. Sleeping sickness		
B. Malaria		
C. Fever		
D. Fibroid		
18 is a disease cau	used by a virus.	
A. Pneumonia		
B. Scarlet fever		
C. Cough		
D. Chicken-pox		
19. What kind of drugs sh	ould one take when infecte	d with malaria?
A. Anti-malaria drugs		
B. Pain relieve drugs		
C. Anti-biotics		
D. Anti-inflammatory drug	as A	

20. Which of the foll	lowing is not a parasite transmitte	ed by animal?
A. Flea		
B. Body lice		
C. Head lice		
D. Mosquitoe		
21. Examples of def	ficiency diseases among children i	include
A. marasmus		
B. kwashiorkor		
C. scurvy		
D. all of the above		
22. The disease vec	ctor for elephantiasis is	
A. mosquito		
B. guinea worm		
C. bats		
D. soldier ants		
23. One can preven	nt insect borne disease by	·
A. covering the boo	dy with clothe to avoid insect bites	6
B. exposing the bo	dy to insect bite	
C. allowing insects	to breed	
D. allowing stagnar	nt water in the environment	
24. The disease vec	ctor for filaraisis is	
A. plasmodium		
B. mosquito		
C. flies		
D. tse tse flies		

all of the following EXCEPT		it could lead to
A. cholera		
B. typhoid fever		
C. poliomyelitis		
D. diarrhea		
26. The causative agents of	airborne diseases can reach a	a person through
A. dust and droplet		
B. water and food		
C. dust and water		
D. droplet and food		

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TOPIC: FIRST AID

DIRECTION: Choose the correct answer from the lettered options.

nethod of passing

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5. Which of the following is NOT an unsafe environment where acci can occur?	der
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	ut.
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	
	1_
8. Sharp pointed instruments will most likely cause wound	S.
A. stab	
B. contused	
B. contused C. abrasion D. incised	
D. incised	

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•	skilled treatment carried out on the or in the case of sudden illness before m	edica
aid is provided.		
A. Temporary cure		
B. First aid		
C. Emergency approach		
D. None of the above		
10. Bleeding that occurs after	er 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 for	urther danger to the casualty or to yours	elf.
B. Stop all bleeding.		
C. If breathing stops, give a	artificial respiration.	
D. All of the above.		
12. The following are ergoge	enic aids EXCEPT	
A. food supplements		
B. drugs		
C. exercise		
D. stimulants		
13. Why should first aid be g	given to a casualty?	
A. To prevent further injury	or complication.	
B. To sustain the life of the	casualty	
C. To prevent the condition	n from becoming worse	
D. All of the above		

14.	4. Which of the following is NOT a use of bar	ndage in first aid?
A.	A. Dressing wounds	
В.	3. Holding splints in position	
C.	C. Cleaning the wound	
D.	D. Forming slings	
15.	5. Signs and symptoms of fracture include _	
A.	A. swelling around the fracture	
В.	3. pains around the stomach	
C.	C. swelling in the thigh	
D.	D. none of the above	
16.	6. Which of the following CANNOT be found	in a first aid box?
A.	A. Paracetamol	
В.	3. Cotton wool	
C.	C. Antiseptic	
D.	D. Hot water	
17.	7. Kinds of fractures include fractur	e.
Α.	A. complicated	
В.	3. comminuted	
C.	C. Green stick	
D.	D. all of the above	
18.	8. First aid kits are needed in for use	during emergencies.
A.	A. homes	
В.	3. public centres	
C.	C. vehicles	
D.	D. all of the above	

19. Pressure points artery.	of the body includes all	of the following EXCEPT
A. femoral		
B. radial		
C. facial		
D. muscular		
20. What is the use	e of a thermometer?	
A. It is used to trea	at fever.	
B. It is used to det	termine the weather.	
C. It is used to ide	ntify wounds.	
D. It is used to det	termine temperature.	
21. First aid treatme	ent for burns and scars	is aimed at
A. getting rid of re	sidual heat	
B. controlling shoo	ck com	
C. preventing infed	ction	
D. all of the above	ZYOU	
22. In first aid, gluc	cose powder is given for	.
A. strength when	exhausted after fainting	
B. good sight		
C. bleeding contro	oll	
D. good teeth		
23. Paracetamol in	first aid is used to	
A. relieve fever and	d head aches	
B. stop bleeding		
C. dress wound		
D. none of the abo	ove	

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 exposed.	completely broken, s	separated and
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	d.C	
C. Vigorous muscle use		
D. None of the above		

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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 w	ays 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 EX	KCEPT
A fue also provide a la late	
A. freely moving joint	
B. immovable joint	
C. slightly movable joint	
D. double movable joint	
12 Minish of the following is found in a first aid hav?	
13. Which of the following is found in a first aid box?	
A. hammer	
B. mirror	
C. bandage	
D. nails	
14. A narron that gives immediate assistance to an injured	norson is called
14. A person that gives immediate assistance to an injured part of the control of	person is called
A. friend	
B. doctor	
C. first aider	
D. nurse	

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15. The difference between a	a dislocation and a sprain is that
A. in a sprain, the supportin	g structures of the affected joint are displaced
B. in a sprain, the supportin displaced	g structures of the affected joint are not
C. in a dislocation, the supp displaced	oorting structures of the affected joint are not
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 i	s 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 strair	n involves the use of
A. ice packs	
B. pressure bandage	
C. light massage	
D. all of the above	

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20.	Which of these is NOT a common injury in sports and games?	
A. 1	racture	
В.	dislocation	
C. '	vomiting	
D. :	strain	
21. \	Vhat are sprains?	
Α. Ι	t is an injury that occurs when there is a forceful twisting of the joir	nts.
	t is an injury of the joint in which the body is forced to bend beyones of movement.	d its
C. :	Sudden tightness of the muscle.	
D.	None of the above.	
22.	When bones are displaced at the joint, it is known as	
A . 1	racture	
В. (dislocation	
C.	proken bone	
D. :	sprain	
23.	njury caused by dry heat is called	
Α. :	scald	
В. І	purn	
C. '	vound	
D. :	sprain	
24.	A person that gives first aid is NOT usually	
A . 1	actful	
В.	carefree	
C.	cheerful	
ъ.	and we of the and	

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25. Which of these methods is NOT a treatment for wound	ls?
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 I	EXCEPT
A. skill training	
x5.	
B. obedience to the rule	
C. adequate kitting of player	
D. adequate food	
OO As some one that six as first aid which of the following	
28. As someone that gives first aid, which of the following need attention first?	injuries would
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	e the following	EXCEPT	
A. rashes			
B. bruise			
C. abrasion			
D. fracture			
31. Which of the following events?	ng injury occurs	s to the muscle du	ring sporting
A. Strain			
B. Sprain			
C. Fracture			
D. Dislocation			
32. The following injuries	s are likely to o	occur when two pla	yers collide
A. sprains			
B. contusion			
C. cramps			
D. dislocation			
33. The following are typ	oes of open wo	ounds EXCEPT	
A. abrasion			
B. sprain			
C. incision			
D. puncture			

	ig 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 temporaril movement of the head,	y losses consciousness on the is suffering from a	due to a forceful
A. contusion		
B. fracture		
C. sprain		
D. concussion		
36. The following are exa	amples of sports injuries E	EXCEPT
A. bruise		
B. abrasion		
C. rashes		
D. dislocation		
37. Certain mineral salts the body, but the body	are responsible to mainta can do without them.	ain normal functioning of
A. True		
B. False		
	of consciousness, due to and disturbance of the br	
A. cuts		
B. concussion		
C. cautions		
D. contusion		

39. All these are qualities	es of someone that giv	es first aid EXCEPT be	eing
·			
A. knowledgeable			
B. nervous			
C. observant			
D. resourceful			
40. An open flesh is cal	lled a		
A. sprain			
B. fracture			
C. wound			
D. strain			
41. An injury formed du	e to wet heat it is calle	d a	
A. scald			
B. wound			
C. sprain			
D. strain			
42. If a player's joint is a likely suffering from a _	swollen, painful and ma	alfunctioning, he is mo	st
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 bone	es 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 contus	ions are breaks in the structure of a bone
B. contusions are open wounds surface	while cuts are bruises on the body
C. cuts are open wounds while o	contusions are bruises on the body
D. none of the above	
46 are associated with	h 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 overst	retching of a muscle.
A. fracture	
B. dislocation	
C. strain	
D. sprain	

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- 49. Dislocation is also known as _____
- A. bruise
- B. broken bone
- C. crack bone
- D. none of the above

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TOPIC: CAMPING AND OUTDOOR EDUCATION

DIRECTION: Choose the correct answer from the lettered options.

eational activity?
mes except
king activities EXCEPT
ly to the student at a camp ground.

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5. Skills needed for performir EXCEPT	ng camping activities include the following
A. wood chopping	
B. building camp fire	
C. making tents	
D. building castles	
6. Examples of hiking activitie	s 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' acq	uisition of leadership qualities
B. To enhance students' self	-reliance
C. To acquire the rules and s	kills of safe living
D. All of the above	
8. Basketball is a game that s	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	

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10. Outdoor education includes	s 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 in the open environment such of time.	f people staying away from has tents, makeshift shelter e	_
A. Picnics		
B. Hiking		
C. Shelter		
D. Camping		
13. Sports facilities and equipm	nent make up the sports	
A. apparatus		
B. appendix		
C. aparatus		
D. pack		
14. Which of the following is NO	OT an outdoor educational a	ctivity?
A. Camping		
B. Hiking		
C. Fishing		
D. Farming		

. •	p craft, picnic, hiking and mountaineer recreational activities.	ing are all
A. indoor		
B. outdoor		
C. minor		
D. school		

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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 phenown as	nysical exercise, some athlete	es feel pain in the ribs
A. a stitch in the side		
B. a stitch in time		
C. a pin in the side		
D. a pain in the side		
	f the body when the feeling ouring prolonged exercise.	of tiredness gives way
A. Last wind		
B. Second wind		
C. Second chance		
D. First wind		
4. Cigarette smoking ca of oxygen intake.	n badly affect ventilation by $_$	the amount
A. building up		
B. manipulating		
C. increasing		
D. reducing		

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5. Factors that affect cardiac ou	utput includes	
A. heart volume and heart rate		
B. stroke volume and heart rate	e	
C. heart beat		
D. heart volume		
6. The heart rate can be measu	ured manually by	
A. placing the hand on the right	t chest region	
B. feeling the radial artery in the	e wrist	
C. lying down quietly		
D. all of the above		
7. During exercise, the body me increased	ets the demand of blood throu	ugh
A. heart rate		
B. stroke volume		
C. cardiac output		
D. heart beat		
A. 1050		×C-
8. Just at the beginning of any prediction.	ohysical exercise, there is	in
A. a decrease		
B. an increase		
C. a reverse		
D. a small decrease		
9. The amount of blood giving o	out per heart beat is known as	the
A. heart rate		
B. stroke volume		
C. heart beat		
D. condice output		

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10 refers to the volur left ventricle.	me of blood pumped per minute	e by the right o
A. Cardiac beat		
B. Cardiac output		
C. Cardiac rate		
D. Ventricular movement		
11. The right and left sides o	of the heart are separated by th	e
A. tricuspid valves		
B. valves		
C. septum		
D. blood		
12. The valves in the heart a	are responsible for	
A. the pumping of blood		
B. the control of the direction	on of blood flow	
C. the sieving of blood		
D. the addition of oxygen to	o blood	

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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	d with his
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 some minor blood vessels around the bruised area.	damage of
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	

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5. In wrestling a fall occurs w	vhen the opponent's	s shoulder blade is	
A. held to the ground			
B. touched			
C. slapped			
D. pushed			
6 is a method of pinnir	ng an opponent dow	'n.	
A. Finger arm-lock			
B. Double arm-lock			
C. Snap down and go behin	ıd		
7. A combative sport is a for	rm of		
A. exercise			
B. fight			
C. swimming			
D. showing mankind			
8. Judo was introduced in th	e year		
A. 1889			
B. 1882			
C. 1907			
D. 1953			
9. Walking or trekking for sor referred to as	me distances to a de	esignated place can be	
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	g is a combative sport?	
A. Soccer		
B. Volleyball		
C. Shot putt		
D. Wrestling		
12. A wrestler before wre	estling stands in a pos	sition.
A. ready		
B. staggering		
C. shaking		
D. unsteady		
13. When a wrestler gripsA. loose the game	s and locks his opponent's h	nand, it enables him to
B. overpower his oppone	ent	
C. play with the opponer		
e. play war are opposite.	-165°C	
14. Judo throwing skills in	nclude	
A. osotogari		
B. taiotoshi		
C. ippon-seoinage		
D all of the above		

15	. The follo	wing ar	e techniques	used in	African	traditional	wrestling
ΕX	(CEPT						

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

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TOPIC: MINERALS AND VITAMINS

DIRECTION: Choose the correct answer from the lettered options.

i. Vitamin B2 is also	o known as	
A. folic acid		
B. riboflavin		
C. ascorbic acid		
D. thiamine		
2. What percentage	e of the body is made up of w	ater?
A. 80 - 90%		
B. 40 - 50%		
C. 60 - 70%		
D. 20 - 30%		
3. Fruits and vegeta	ables contains	
A. vitamins		
B. protein		
C. carbohydrate		
D. fat		
4. Insufficient amou	unt of vitamin A in the body ma	ay cause
A. anaemia		
B. dizziness		
C. poor memory		
D. poor vision		

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5. When the body lacks sufficient a	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 we everyday is cups.	vater that should be consumed
A. 4 -5	
B. 8 -10	
C. 6 - 7	
D. 2 - 3	
8. Which of the following are macr	o-nutrients?
A. Proteins, minerals and vitamins	3
B. Minerals, proteins and fats	
C. Fat, protein and carbohydrate	
D. Carbohydrates, fats and vitami	ins

9. When the blood is unable to form deficiency of	clot after an injury, it is due to the
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	
	*Stigo
13. The mineral which is chiefly used	to build the bone is
A. potassium	
B. calcium	
C. sodium	
D magnesium	

14. Insu	ufficient quantity of v	ritamin A in the body	may cause
A. hea	id ache		
B. cold	d off		
C. mal	laria		
D. non	e of the above		
15. The	lack of blood clottin	ng power is due to t	he absence of vitamin
A. A			
B. K			
C. D			
D. E			
16. Vita	ımin is requir	ed for wound healin	g.
A. A	2/5/1		
В. В			
C. C			
D. D		Silver	

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TOPIC: NUTRITION AND SPORTS

DIRECTION: Choose the correct answer from the lettered options.

i. Writer of the following is in	Ji a characteristic or	ectornorpris:	
A. Fragile and delicate body	structure		
B. flat abdomen with small b	uttocks and long thin	ı legs	
C. Dry skin			
D. Fatty breasts			
2. Based on somatotyping, th	ne human body is cat	egorized 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			

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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 in 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, 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 morbefore his game?	e just
A. fats and oils	
B. proteins	
C. carbohydrates	
D. food supplements	

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10. Star	ch is a type of		
A. prot	ein		
B. carb	oohydrate		
C. fat			
D. oil			
11. Heat	t is lost through the skin by	·	
A. conv	vection of the air circulation are	ound the body	
B. cond	duction to the cloth		
C. radia	ation to the surrounding air		
D. all o	f the above		
	educed quantity of fatty foods stition periods, because	should be taken during pre- 	
A. fatty	foods can stain the competito	or's clothes	
B. fatty	foods can cause obesity		
C. fats	are more difficult to digest that	an proteins or carbohydrates	
D. all o	f the above		
13. Whi	ch of the following is NOT a ch	naracteristic of endomorphs?	
A. Rou	ndness and softness of the bo	ody	
B. Pos	session of small bones		
C. Pow	verful arms and legs		
D. Larg	ge head and short neck		
	ng training, sufficient amounts energy reservoir of the body.	of should be taken to b	uild
A. prot	eins		
B. carb	oohydrates		
C. vitar	mins		
D all o	of the above		

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		oody into types relative
. Physiology		
. Kingdom		
. Somatotyping		
. Zoology		
. Proteins can serve as er	nergy sources in the b	ody.
. True		
. False		
. What vitamin helps in the ealing of wounds?	e formation of tissues	and bones as well as the
. Vitamin B		
. Vitamin A		
. Vitamin C		
. Vitamin D		
are substances erformance.	which are used to inci	rease the level of athletic
. Training equipment		
. Ergogenic aids		
. Sport kits		
. Very clean water		
	their inherited characterist. Physiology Kingdom Somatotyping Zoology Proteins can serve as element of the serve of the serv	Kingdom Somatotyping Zoology Proteins can serve as energy sources in the beautiful true False What vitamin helps in the formation of tissues a aling of wounds? Vitamin B Vitamin A Vitamin C Vitamin D are substances which are used to increformance. Training equipment Ergogenic aids Sport kits

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ANSWERS

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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].
The correct answer is option [b].
4. What year was NFA formed?
A. 1910
B. 1963
C. 1960
D. none of the above

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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 hi	im and
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]	

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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 I with continuous intake of oxygen.	ong periods
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]	

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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	e the following EXCEPT
A. bench press	
B. squats	
C. press-ups	
D. arm curls	
The correct answer is option [C]	
al Silver	
6is a kind of fitness.	
A. Endurance	
B. Physique	
C. Power	
D. Agility	
The correct answer is option [B]	
7. The energy used during physica	I activities is in the form of
A. ADP	
B. ATP	
C. DNA	
D. NDA	
The correct answer is option [B]	

	s of five 400m races and rests for five to t s, what conditioning activity is this?
A. Aerobic exercises	
B. Weight training	
C. Internal training	
D. Circuit training	
The correct answer is option [C]
9. Circuit training exercises ar	e 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 short time without continuous	se performed by an individual for a very 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	d 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 physica between performances is ca	ll exercises in which the individual rests in alled	
A. interval training		
B. circuit training		
C. aerobic exercises		
D. none of the above		
The correct answer is option	า [A]	
13. Round shoulders and hui	nchback are other names for	
A. bowlegs		
B. lordosis		
C. kyphosis		
D. scoliosis		
The correct answer is option	n [C]	
ALSII 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	n [C]	
15. The special part of the ce known as	ell where aerobic metabolism takes place is	
A. nucleus		
B. artery		
C. lungs		
D. mitochondria		
The correct answer is option	ר [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]

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4. Which of the following pers in Nigeria?	sons is NOT a pioneer of physical educat
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 N	OT an aerobic exercise?
A. Marathons	
B. 1500m race	
C. 5000m race	
D. sprint	
The correct answer is option	[A]
ALS IT	
6. The first Commonwealth g	ames took place in the year
A. 1920	
B. 1930	
C. 1940	
D. 1950	
The correct answer is option	[B].
7. When hygiene rules are ke	pt, it helps
A. maintain safety on the roa	ad
B. transmit diseases and infe	ection
C. prevent diseases and infe	ections
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 optio	n [D].	
Physical Education activitinclude	ies carried out in th	ne forest area of Nigeria
A. climbing of trees and hill	S	
B. moonlight games for bo	ys and girls	
C. hide and seek games fo	r children	
D. all of the above		
The correct answer is optio	n [D]	
10. Which of the following is shapes?	a classification of b	oone according to their
A. Flat bone		
B. Short bone		
C. Irregular bone		
D. All of the above		
The correct answer is optio	n [D	
11. Germans' contribution to following EXCEPT	owards physical edu	ucation came through the
A. Adolph Spices		
B. Fredrick Ling		
C. Friedrich Ludwig		
D. Johann Bernhard		
The correct answer is optio	n [B]	

geria

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 pl	ace in
A. Italy	
B. Spain	
C. France	
D. none of the above	
The correct answer is option [D]	
It took place in Congo-Brazzaville o	n the 18th-25th of July, 1965
. OSTO	
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].	

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TOPIC: PLANES OF THE HUMAN BODY

DIRECTION: Choose the correct answer from the lettered options.

planes of the body is	s the
erobic metabolism tak	es place is
vides the body into tv	vo halves?
	erobic metabolism tak

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4 is a type of plane of the h	numan body.
A. Endomorph	
B. Ectomorph	
C. Sagittal	
D. Superior	
The correct answer is option [C]	
5. The body plane that describes is referred to as	from the left to the right side of the body
A. sagittal plane	
B. back plane	
C. frontal plane	
D. vertical plane	
The correct answer is option [C]	
al Silver	
6. The imaginary levels and flat su can be described is called	rfaces through which human movement
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 b	ody 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	3
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 EXCEPTplane.	50
A. frontal	
B. curve	
C. sagittal	
D. horizontal	
The correct answer is option [B]	

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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
Nestern Nester

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,

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in the true spirit of s our teams". This is t	portsmanship, for the glory of sports and the honour he
A. Olympic motto	
B. Olympic creed	
C. Olympic oath	
D. Olympic anthem	
The correct answer	is option [C]
5. In the Olympic me	otto, what is the meaning of "Fortius".
A. bigger	
B. faster	
C. stronger	
D. taller	
The correct answer	is option [C]
A SUP	
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 follo international unity a	wing serves as an instrument for promoting nd peace?
A. Nigerian police	
B. Universities	
C. International airp	ort
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 through sweating as exercises are		
A. Heat cramps		
B. Muscle strain		
C. Muscle shiver		
D. Acclimatization		
The correct answer is option [A]		
2. In cold environments, muscle co	ontraction helps conserve	e
A. cold		
B. heat		
C. sweat		
D. energy		
The correct answer is option [B]		
3. Muscle pain due to excessive lower when exercise is performed in	_	ating occurs
A. cool		
B. warm		
C. very cold		
D. very hot		
The correct answer is option [D]		

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4. In a environment, the the skin causing a reduction in the	- (-)	
the body.		
A. wet B. hot		
C. warm		
D. cold		
The correct answer is option [D]		
Too.		
5. In cold environments, shivering	g leads to the production	on of
A. sweat	ams.	
B. heat		
C. sound		
D. cold		
The correct answer is option [B]		
.05 ¹²		
6 is the process of graltitudes.	radual adjustment to w	orking at higher
A. Relaxation		
B. Resting		
C. Acclimatization		
D. Walking		
The correct answer is option [C]		
7. The recommended daily sleep	requirement for new b	orn infants is
A. 12hr		
B. 20-22hr		
C. 8-10hr		
D. 7-9hr		
The correct answer is option [D]		

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TOPIC: BODY MECHANICS AND FUNCTIONS

DIRECTION: Choose the correct answer from the lettered options.

1 in swimming is the ability on the water to enable hands and l	of a swimmer to apply sufficient force legs movement.
A. Strength	
B. Mobility	
C. Flexibility	
D. Endurance	
The correct answer is option [A]	
2. Endurance activities in exercising EXCEPT	g includes all of the following
A. press-ups	
B. sit-ups	
C. squat leaps	
D. arm circling	
The correct answer is option [D]	
3. Exercising for endurance ensure	s that the
A. player can continue to play a lo	ng time
B. player can only play for a very s	hort while
C. player can attain a certain score	9
The correct answer is option [A]	
4. Which of the following sports red	quire more stamina?
A. Marathon race	
B. Sprint race	
C. High jump	
D. Baseball	
The correct answer is option [A]	

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5. Swimmers must possess, to be successful.	and	qualities in order
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, fitness.	as ingredie	nts for physical
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 develo	pping the	.
A. toe and calf		
B. leg and calf muscles		
C. shoulder and finger		
The correct answer is option [B]		

9 the fu	in swimming is defined as the auli range of movement.	bility to use the limbs through
A. Er	ndurance	
В. М	obility	
C. St	rength	
D. Al	I of the above	
The c	correct answer is option [B]	
10. A sprint	basketball player needs plenty of ting.	which can be developed by
A. fo	od	
B. dr	ink	
C. di	eting	
D. sp	peed	
The c	correct answer is option [D]	

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TOPIC: AQUATIC SPORTS

DIRECTION: Choose the correct answer from the lettered options.

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]

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4. In which of the following strokes is the leg action likened to t and closing of a pair of scissors?	:he op
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]	
Alexander of the second se	
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 swimme throughout the race.	er must remain in his or her lai
A. True	
B. False	
The correct answer is option [A]	
9. Aquatic sports takes place in	2)
A. field	
B. water	
C. lane	
D. street	
The correct answer is option [B]	
10. The following sports are done	on water EVCEDT
10. The following sports are done of	JII Waler EXCEPT
A. boating	
B. sailing	
C. water skiing	
D. water capping	
The correct answer is option [D]	
11. Aquatic events includes the follo	owing 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 t	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]	
alsil a	
14. Which of these is an aquatic gar	ne?
A. Water rounder	
B. Soccer	
C. Table tennis	
D. Water polo	
The correct answer is option [D]	
15. The following rules of hygiene sh EXCEPT	nould be observed by all swimmers
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 en	tering the pool
D. stay in the shallow end of the po	ool
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. Jugging

The correct answer is option [C]

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TOPIC: ARCHERY

DIRECTION: Choose the correct answer from the lettered options.

1. Competitive archery involves shooting from a set distance.	arrows at a target for
A. fitness	
B. distance	
C. strength	
D. accuracy	
The correct answer is option [D]	
2. Archers shoot number of arrow	vs in an end.
A. six	
B. two	
C. four	
D. eight	
The correct answer is option [A]	
3. Which of the following equipment is no	eded for archery?
A. Bow	
B. Arrow	
C. Armguard	
D. All of the above	
The correct answer is option [D]	

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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 a accuracy from a set distance is called	t a target for
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 car	n be called
A. Olympics	
B. target	
C. aiming game	
D. archery	
The correct answer is option [D]	- AC
9. To load in the sport of archery	y, 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]	
astish.	
10. The is a container for waist.	r holding arrows, usually worn around the
A. quiver	
B. belt	
C. satchel	
D. arrowers	
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 [R]	

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 are	chery.
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 ga	me 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 a	row, an archer must first
A. assume the co	orrect stance
B. purchase a str	ong bow
C. purchase a str	ong arrow
D. use a self-bov	1
The correct answ	er is option [A]
17. A person prac	ticing archery is called
A. a firer	
B. a shooter	
C. a bower	
D. an archer	
The correct answ	er is option [D]
18. Another name	for an archer is
A. a shooter	
B. a bowman	
C. bower	
D. arrower	
The correct answ	er is option [B]
19. Archery first a	opeared in the Olympic games in
A. 1700	
B. 1800	
C. 1900	
D. 2000	
The correct answ	er is option [A]

ne
W. W. Control of the

TOPIC: ATHLETICS

DIRECTION: Choose the correct answer from the lettered options.

i is not a multi-event in a	atnietics.	
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	e'?
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 fo	ollowing is an at	hletic official?	
A. Athletes			
B. Spectators			
C. Flag bearers			
D. Clerk of cours	se		
The correct ansv	ver is option [D]		
10. Which of the water and negoti		an at 3000 metres s	ees runners jump
A. Hurdling			
B. Relay			
C. Steeplechase	35.		
D. Road running	20,		
The correct answ	ver is option [C]		
ale line			
11. The following	are objectives o	f extramural activitie	es EXCEPT
A. to provide op performance leve	-	ifted students to de	velop high
B. to learn how	to win with pride		
C. to learn how	to lose gracefull	у	
D. to motivate st	tudents to exerc	cise	
The correct answ	ver is option [B]		
12. Which of the	following is not a	a throwing event?	
A. Javelin throw			
B. Shot putt			
C. Pole vault			
D. Hammer			
The correct ansv	ver is option [C]		

13 is defined as a pra- especially under competition.	actice of physical exe	ercises and sports	5,
A. Match	. Allo		
B. Soccer			
C. Athletics			
D. Gymnastics			
The correct answer is option	[C]		
14. The 5000 metres and 10,0	000 metres event are	classified as	
A. long distance			
B. broad running			
C. relay			
D. hurdling			
The correct answer is option	[A]		
*Sillo			
15. Sports programmes playe	ed outside the schoo	are known as	
activities.	No.	XXOO TO	
A. intramural			
B. intermural			
C. exomural			
D. extramural			
The correct answer is option	[D]		
	~ 2		
16. Which of these events is re	un in competition at	distances of 10-2	n and
50 kilometers?	ar in competition at	diotarioco or 10, 2	o, and
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	ő
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]	

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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.
Soft chagn 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]

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4. What food source se	erves as the body's building blocks?
A. Proteins	
B. Fats	
C. Carbohydrates	
D. Vitamins	
The correct answer is	option [A].
5. Protein can be derive	ed from the following EXCEPT
A. fish	
B. beans	
C. rice	
D. meat	
The correct answer is	option [C]
6. Digestion of carbohy	drate begins in the
A. mouth	
B. stomach	
C. small intestine	
D. large intestine	
The correct answer is	option [A]
7. Glycogen is for carbo	ohydrate as is for protein.
A. urea	
B. alanine	
C. triglyceride	
D. maltose	
The correct answer is	antion (R)

8. The digestion of proteins starts in	n 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	-60
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 entire [P]	

12. Extra sugars in the body a	re 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 something broken down into	simple carbohydrates, they must first be
A. fructose	
B. sucrose	
C. galactose	
D. glucose	
The correct answer is option	[D].
15. Amino acids are the small	est units of
A. proteins	
B. carbohydrate	
C. fats	
D. vitamins	
The correct answer is option	[A]

16. The digestion of fa	its 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 o	organs of the digestive	system EXCEPT _	·
A. mouth			
B. pharynx			
C. larynx			
D. esophagus			
The correct answer is	option [C]		
	ginous structure at the t	op of the trachea.	It contains
elastic vocal cords that	at are the source of the	vocal tone in spec	ech.
19. The following are f	ood sources for carbor	nydrates EXCEPT _	-81C1-
A. vegetables			
B. fruits			
C. sugars			
D. soy			
The correct answer is	ontion [D]		

20. Digestion of prot	eins actually begins in the
A. duodenum	
B. stomach	
C. mouth	
D. oesophagus	
The correct answer i	s option [B
21. Which class of fo	od digests in the small intestine?
A. Minerals	
B. Fats	
C. Proteins	
D. Carbohydrates	
The correct answer i	s option [B]
22. The end product	of carbohydrate is
A. glucose	
B. glycerol	
C. fats and oil	
D. glycogen	
The correct answer i	s option [A]
23. The smallest unit	s of carbohydrates are
A. glycogen	
B. amino acids	
C. glucose	
D. glycerol	
The correct answer i	is option [C]

24. The following are digestive or	gans EXCEPT
A. rectum	
B. oesophagus	
C. pancreas	
D. larynx	
The correct answer is option [D]	
25 is the name given digestion in the small intestine.	n to a collection of enzymes that aid
A. Succus intericuss	
B. Sucrose	
C. Ptyalin	
D. Chyme	
The correct answer is option [A]	
26. The digestive tract is also known	own as canal.
A. respiratory	
B. abdominal	
C. alimentary	
D. intestinal	
The correct answer is option [C]	
27. The teeth performs the follow	ring functions EXCEPT
A. digesting	
B. chewing	
C. tearing	
D. grinding	
The correct enginer is ention [A]	

TOPIC: DISEASES AND IMMUNISATION

DIRECTION: Choose the correct answer from the lettered options.

 Examples of insect-borne disea 	ases includes the following EXCEPT
A. sleeping skill	
B. sand-fly fever	
C. filariasis	
D. elephantiasis	
The correct answer is option [A]	
50	(S)
2 is a parasite that can b	e transmitted by animals.
A. Body lice	
B. Flies	
C. Cockroaches	
D. Ants	
The correct answer is option [A]	
3 is an airborne disease ca	aused by bacteria.
A. Measles	
B. Mumps	
C. Tuberculosis	
D. Common cold	
The correct answer is option [C]	
The seriest answer is option [e]	
4. Smallpox is a disease caused b	py
A. malaria	
B. a virus	
C. a fungi	
D. fever	
The correct answer is option [B]	

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5 is an example of insect bo	orne 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 ca or bites?	in be contacted through cuts, wounds
A. Ringworm	
B. Malaria	
C. Typhoid	
D. Fever	
The correct answer is option [A]	
ALSII C	
7. Dust infection are caused by	COL. William
A. breathing in dust that contains s	pittle 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	1 (6)
10. The disease vector for yellow	w fever is
A. mosquito	
B. housefly	
C. sunflower	
D. tse-tse fly	
The correct answer is option [A]
11. A disease is one that the infected person.	at is spread by a direct body contact with
A. contact	
B. dreaded	
C. water-borne	
D. breathing	
The correct answer is option [A	1
CAL	
12. When someone sneezes	is blown into the air.
A. viral	
B. bacteria	
C. HIV	
D. eczema	
The correct answer is option [B	1

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	S
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 in	nmunity?
A. An individual make his own antibodies after he gets the	he disease.
B. A child makes his antibodies after receiving a vaccine	e
C. A child gets his antibodies from his mother while in the	ne womb.
D. None of the above	
The correct answer is option [C]	
16. Diseases that are transmitted from contaminated wa	ter are called
A side awas also as a	
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]	
555	
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]	

all of the following EXCEPT	water containing a bacter 	ra, it could lead to
A. cholera		
B. typhoid fever		
C. poliomyelitis		
D. diarrhea		
The correct answer is option [[D]	
26. The causative agents of air	rborne diseases can reac	ch 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]	

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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 metho air into the lungs is known as	d of passing
A. automatic respiration	
B. artificial respiration	
C. manual respiration	
D. none of the above	
The correct answer is option [B]	

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4. First aid for contusion or br	uises 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 NO can occur?	OT an unsafe environment where accidents	Ş
A. Slippery surroundings		
B. Sharp objects littered arou	ind (2)	
C. Properly ventilated environ	nment	
D. Poorly constructed building	g	
The correct answer is option [[C]	
alsila.		
6. Which of the following is NO	OT 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 u reassurance.	use words of encouragement and	
D. He is very organised.		
The correct answer is option [[C]	
7. Which of the following is a t	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 m	ost likely cause	wounds.
A. stab		
B. contused		
C. abrasion		
D. incised		
The correct answer is option [A]		
9 is the emergency skilled to occurrence of an accident or in the 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 a	ctual 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 golde	en rule of first aid?	
A. Ensure that there is no further o	langer to the casualty	y 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]		

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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 CANNO	Γ 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 inc	ludes all of the following EXCEPT
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 a	imed 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	0
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]

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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 two 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]	1 600
9. Sports injuries can be prevent	ted 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, br	uises and cramps areinjuries.
A. sports	
B. major	
C. minor	
D. ordinary	
The correct answer is option [A]]
11. Muscle cramp is another nan	ne for
A. sprain	
B. strain	
C. dislocation	
D. concussion	
The correct answer is option [B]].

12. The following are class	es of joints of	the human body EXC	EPT
A. freely moving joint			
B. immovable joint			
C. slightly movable joint			
D. double movable joint			
The correct answer is opti	ion [D]		
The correct answer is opti	OII [D]		
13. Which of the following	is found in a fir	st aid box?	
A. hammer	,,	- CON	
B. mirror			
C. bandage			
D. nails			
	ion [C]		
The correct answer is opti			
44. 4	25	S	
14. A person that gives im-	mediate assist	ance to an injured pe	erson is called
A. friend			
B. doctor			
C. first aider			
D. nurse			
The correct answer is opti	ion [C]		
The correct anower is opti			
15. The difference between	n a diclocation	and a sprain is that	
		- 60-	ora diaplacad
A. in a sprain, the support	- X		77
B. in a sprain, the support displaced	ting structures	or the affected joint a	are not
C. in a dislocation, the sup	pporting struct	cures of the affected j	oint are not
D. there is no difference			
The correct answer is opti	ion [B].		

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16. A displacement of bone	e can also be called
A. dislocation	
B. strain	
C. fracture	
D. bruise	
The correct answer is option	on [A]
17. A displacement of bone	e is known as
A. sprain	
B. strain	
C. dislocation	
D. fracture	
The correct answer is option	on [C]
18. Dislocation is	
A. broken bone	
B. displacement of bone	
C. cracked bone	
D. bruise	
The correct answer is opti-	on [B]
19. First aid for muscle stra	in involves the use of
A. ice packs	
B. pressure bandage	
C. light massage	
D. all of the above	
The correct answer is opti-	on [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 jo	ints.
B. It is an injury of the joint in which the body is forced to bend beyon limits of movement.	nd its
C. Sudden tightness of the muscle.	
D. None of the above.	
The correct answer is option [A]	
Territor College	
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. resourcet	fulness			
The correct a	answer is option [B	1_010		
25. Which of	these methods is I	NOT a treatmer	nt for wounds?	
A. Stop the I	bleeding.			
B. Wash the	wound.			
C. Close the	e patients nose.			
D. Dress the	e wound.			
The correct a	answer is option [C]		
26. An injury	associated with sp	rinting event is		
A. muscle st	trains of the hamstr	ings and calf		
B. malaria p	arasite infection			
C. bruises a	nd laceration of the	face		
D. tearing of	f the muscles of the	e back		
The correct a	answer is option [A]		
27. Sports inj	juries can be preve	nted in the follo	owing ways EX	CEPT
·				
A. skill trainir	ng			
B. obedienc	e to the rule			
C. adequate	kitting of player			
D. adequate	food			
The correct a	answer is option [D]		

28. As someone that gives fir need attention first?	st aid, which of the fo	ollowing injuries would
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 f	following EXCEPT	-XC
A. rashes		
B. bruise		
C. abrasion		
D. fracture		
The correct answer is option	[A]	
31. Which of the following injuevents?	ry occurs to the musc	cle during sporting
A. Strain		
B. Sprain		
C. Fracture		
D. Dislocation		
The correct answer is option	[A].	

32. The following injuries EXCEPT	are likely to occur when	n two players collide
A. sprains		
B. contusion		
C. cramps		
D. dislocation		
The correct answer is op	otion [C].	
33. The following are typ	es of open wounds EXC	DEPT
A. abrasion		
B. sprain		
C. incision		
D. puncture		
The correct answer is op	otion [B]	
"SILO		
34. Which of the following supply to some muscles		a person whose blood
A. contusions		
B. cramps		
C. sprains		
D. fracture		
The correct answer is op	otion [B].	
35. If a player temporarily movement of the head, h		due to a forceful
A. contusion		
B. fracture		
C. sprain		
D. concussion		
The correct answer is on	ation [D]	

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36. The following a	re examples of spo	orts injuries EXCI	ΞPT
A. bruise			
B. abrasion			
C. rashes			
D. dislocation			
The correct answe	r is option [C]		
37. Certain mineral the body, but the b			ormal functioning o
A. True			
B. False			
The correct answe	r is option [B]		
38. The temporary movement of the horocess is called _			olent or forceful s normal functioning
A. cuts			
B. concussion			
C. cautions			
D. contusion			
The correct answe	r is option [B]		
39. All these are qu	ualities of someone	that gives first a	aid EXCEPT being
·			
A. knowledgeable			
B. nervous			
C. observant			
D. resourceful			
The correct answe	r is option [B]		

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40. An open flesh is c	alled a	- (6)	
A. sprain			
B. fracture			
C. wound			
D. strain			
The correct answer is	option [C]		
41. An injury formed d	lue to wet hea	at 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 likely suffering from a	s swollen, pai 	nful and malfunctic	ning, he is most
A. concussion			
B. contusion			
C. dislocation			
D. cramp			
The correct answer is	option [C].		
43. A fracture is a	<u>-</u>		
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	t.
A. displaced			
B. sprain			
C. fractured			
D. wounded			
The correct answer is optio	n [A]		
45. The difference between	cuts and contusi	ons is that	
A. cuts are bruises while co	ontusions are brea	aks in the struc	ture of a bone
B. contusions are open wo surface	ounds while cuts a	re bruises on th	ne body
C. cuts are open wounds v surface	vhile contusions a	re bruises on th	ne body
D. none of the above			
The correct answer is option	n [C].		
46 are associate	ed with a sudden v	rigorous use of	the muscles.
A. Fractures			
B. Dislocation			
C. Cramps			
D. Sprains			
The correct answer is option	n [C].		
47. Cramp can be caused by	ру		
A. excessive loss of salt			
B. impaired circulation			
C. vigorous use of muscles	3		
D. injury to the muscle			
The correct answer is optio	n [B]		

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48. A	$_{\scriptscriptstyle \perp}$ is caused by over	stretching of a muscle.
A. fracture		
B. dislocation	on	
C. strain		
D. sprain		
The correct	answer is option [0	0]
49. Dislocati	on is also known a	s
A. bruise		
B. broken b	one	
C. crack bo	ne	
D. none of t	the above	
The correct	answer is option [[01

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TOPIC: CAMPING AND OUTDOOR EDUCATION

DIRECTION: Choose the correct answer from the lettered options.

1. Which of these is an indoor recrea	ational activity?	
A. Camping		
B. Picnic		
C. Hiking		
D. None of the above		
The correct answer is option [D]		
2. The following are all outdoor gam	ies except	
A. monopoly		
B. basketball		
C. volleyball		
D. badminton		
The correct answer is option [A]		
3. The following are examples of hik	ing activities EXCEPT	-655
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]		

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5. Skills needed for performing camp EXCEPT	oing activities include the following
A. wood chopping	
B. building camp fire	
C. making tents	
D. building castles	
The correct answer is option [D]	
6. Examples of hiking activities include	les 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 object	ive for outdoor education?
A. To promote students' acquisition	of leadership qualities
B. To enhance students' self-reliand	e e
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	pe done
A. in the class	
B. in the room	
C. outdoor	
D. during examination	
The correct answer is option [C]	

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9. One benefit of engaging in re-	creational activities is	·
A. relaxation		
B. boredom		
C. fatigue		
D. hypertension		
The correct answer is option [A]	1_010	
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]]	
2515		
11. Hiking is an activity.		
A. outdoor		
B. indoor		
C. unrecreational		
The correct answer is option [A]]	
12 involves a group of printhe open environment such as of time.	people staying away t s tents, makeshift sh	_
A. Picnics		
B. Hiking		
C. Shelter		
D. Camping		
The correct answer is option [D	1	

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 al examples of recreational activities.	II
A. indoor	
B. outdoor	
C. minor	
D. school	
The correct answer is option [B]	

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TOPIC: CARDIO-RESPIRATORY FUNCTIONS DURING EXERCISES

DIRECTION: Choose the correct answer from the lettered options.

Cardiac output	during exercis	se.	
A. increases			
B. stops			
C. decreases			
D. remains unchanged	15		
The correct answer is o	option [A]		
2. At the beginning of pknown as	ohysical exercise,	some athletes fe	el pain in the ribs
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 to a feeling of energy of	of the body when [.] during prolonged e	•	dness gives way
A. Last wind			
B. Second wind			
C. Second chance			
D. First wind			
The correct answer is	option [B]		

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4. Cigarette smoking can badly affect ventilation by of oxygen intake.	the amount
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 th increased	rough
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 p ventilation.	hysical exercise, there is	in
A. a decrease		
B. an increase		
C. a reverse		
D. a small decrease		
The correct answer is option [B]	COL	
-010		
9. The amount of blood giving ou	ut per heart beat is known as	s the
A. heart rate	500	
B. stroke volume		
C. heart beat		
D. cardiac output		
The correct answer is option [B]	I	
"Silo"		
10 refers to the volume of left ventricle.	f blood pumped per minute t	by the right o
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	25.0
A. tricuspid valves		
B. valves		
C. septum		
D. blood		
The comment and an including [O]	1	

- 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]

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TOPIC: COMBATIVE SPORTS

DIRECTION: Choose the correct answer from the lettered options.

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5. In wrestling a fall occurs when the opponent's sho	oulder 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 referred to as	place can be
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]	
Alexander of the second se	
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	s 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 use EXCEPT	ed in African traditional wrestling
A. preliminary holds	
B. archery	
C. defensive position	
D. offensive moves	
The correct answer is option [B]	

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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	r is option [B]		
2. What percentage	e of the body is	made up of wate	r?
A. 80 - 90%			
B. 40 - 50%			
C. 60 - 70%			
D. 20 - 30%			
The correct answer	r is option [A].		
3. Fruits and vegeta	ables contains _		
A. vitamins			
B. protein			
C. carbohydrate			
D. fat			
The correct answer	r is option [A]		
4. Insufficient amou	ınt of vitamin A i	n the body may c	ause
A. anaemia			
B. dizziness			
C. poor memory			
D. poor vision			
The correct answer	r is option [D		

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cy of
sumed

9. When the blo deficiency of	ood is unable to form	m clot after an injury, i	t is due to the
A. vitamin K			
B. vitamin C			
C. vitamin B			
D. calcium			
The correct ans	swer is option [A]		
	Salle		
10. Ricket is due	e to the deficiency i	in	
A. protein			
B. vitamin D			
C. fat			
D. vitamin C			
The correct ans	swer is option [B]		
alshi'c			
11. Cod liver oil i	s rich in		
A. calcium			
B. vitamin D	- Stor		
C. sodium			
D. chloride			
The correct ans	swer is option [B]		
12. Scurvy is ca	used by deficiency	in	
A. amino acid			
B. vitamin C			
C. fatty acids			
D. minerals			
The correct ans	swer is option [B]		

13. The mineral which is chi	efly used to build the bone is
A. potassium	
B. calcium	
C. sodium	
D. magnesium	
The correct answer is optio	n [B]
14. Insufficient quantity of vi	tamin A in the body may cause
A. head ache	
B. cold	
C. malaria	
D. none of the above	
The correct answer is optio	n [D]
15. The lack of blood clottin	g power is due to the absence of vitamin
- Ker	
A. A	
B. K	
C. D	
D. E. C.	
The correct answer is option	n [B]
16. Vitamin is require	ed for wound healing.
A. A	
B. B	
C. C	
D. D	
The correct answer is option	n [C]

TOPIC: NUTRITION AND SPORTS

DIRECTION: Choose the correct answer from the lettered options.

i. Which of the following is NOT a c	characteristic of ectomorphis?
A. Fragile and delicate body struct	ture
B. flat abdomen with small buttocl	ks and long thin legs
C. Dry skin	
D. Fatty breasts	
The correct answer is option [D]	
2. Based on somatotyping, the hur	man 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]	

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5. Which of the following	s NOT a characteristic	of mesomorphs?
A. Possession of square	hard and rugged bod	y and s
B. Possession of massive	e muscles	
C. Possession of powerf	ul arms	
D. large head and short i	neck	
The correct answer is op-	tion [D]	
6. Which of the following	in NOT a kind of vitam	in?
A. Vitamin A		
B. Vitamin C		
C. Vitamin D		
D. Vitamin F		
The correct answer is op-	tion [D]	
7. Factors that affect hea	t loss include	
A. the type of air condition	n we use	
B. bathing technique		
C. the amount of water v	ve drink	
D. the amount of blood of	irculating in the vesse	ls in the skin
The correct answer is op-	tion [D	
8. During physical activity at the end of training in o		e plenty of water, especially lost during training.
A. True		
B. False		
The correct answer is op-	tion [A]	
Xo.		

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 precompetition 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 NO	T a characteristi	c of endomorp	ohs?
A. Roundness a	and softness of	the body		
B. Possession o	of small bones			
C. Powerful arm	ns and legs			
D. Large head a	and short neck			
The correct ans	wer is option [C)] ₍		
14. During trainir up the energy re		nounts of body.	_ should be tal	ken to build
A. proteins				
B. carbohydrate	es			
C. vitamins				
D. all of the abo	ove			
The correct ans	wer is option [E	3]		
15110				
15is a l		sifying the humar s/physique.	n body into typ	es relative
A. Physiology				
B. Kingdom				
C. Somatotypin	g			
D. Zoology				
The correct ans	wer is option [C)]		
16. Proteins can	serve as energ	gy sources in the	body.	
A. True				
B. False				
The correct ans	wer is option [A	N].		

healing of wounds?	Tormation of tissues and	bones as well as the
A. Vitamin B		
B. Vitamin A		
C. Vitamin C		
D. Vitamin D		
The correct answer is option	ı [C].	
18 are substances v	which are used to increas	e the level of athletic
performance.		
A. Training equipment		
B. Ergogenic aids		
C. Sport kits		
D. Very clean water		
The correct answer is option	ı [B].	

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