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| **NAME** |  | | | | |
| **SUBJECT** | **PHYSICAL & HEALTH EDUCATION** | **CLASS** | **JSS 3** | **DURATION** | **1 1/2** hours |

**INSTRUCTION:** Answer all questions.

1. **The** involvement of proper body alignment in human movement is known as  
   A. pictural defects  
   B. postural defects  
   C. structure alignment  
   D. posture
2. The medical attention and care given to the baby and the mother after delivery

A. pre-natal

B. post –natal

C. anti natal

D. all of the above

3. Curvature of the spine is also known as  
 A. Lordosis  
 B. sucken chest  
 C. kyphosis  
 D. scoliosis

4. \_\_\_\_\_ is the study of peoples in sport

A. sport science

B. sport management

C. sport psychology

D. sport medicine

5. Which of these is not a career in PHE?

A. Physiotherapist

B. Teacher

**C. Pharmacist**

D. Fitness trainer

6. Lordosis is also known as  
 A. sucken chest  
 B. round shoulders  
 C. hollow waist  
 D. hollow lower back

7. A key principle of Taekwondo is:

A. Aggression

**B. Discipline**

C. Fear

D. Avoidance of exercise

8. The following are health implication of female genital mutilation except \_\_\_\_\_\_\_\_

A. infertility

B. infections

C. suffocation

D. death

9. The acronym **FRESH** means \_\_

1. Formal Resources Effective School Health
2. Foresting Reserves Effective Scholar Health
3. Focusing Resources on Effective School Health
4. Forecasting Resources Efficient School Hazard

10. Which is not a cause of human trafficking?

1. Social Discrimination?
2. Welfare discrimination
3. Marginalization
4. Corruption

11. Swimming helps to improve:

**A. Cardiovascular health**

B. Hair growth

C. Weight gain

D. Vision

12. The menstrual cycle is regulated by which hormones?

A. Testosterone and insulin

**B. Estrogen and progesterone**

C. Thyroxine and oxytocin

D. Adrenaline and cortisol

13. One physical effect of drug abuse is:

A. Enhanced energy levels

**B. Organ damage**

C. Improved immunity

D. Better sleep patterns

14. The training area for Taekwondo is called:

A. Gym

**B. Dojang**

C. Mat

D. Arena

15. The loss of flexibility at the spine region is  
 A. flexible spine  
 B. elastic spine  
 C. rigid spine  
 D. curve spine

16. One of these is not a cause of postural defect  
 A. disease  
 B. fatigue   
 C. poor diet  
 D. good sense organs

17. Which of these is not a type of postural defect?  
 A. scoliosis  
 B. lordosis  
 C. ptosis  
 D. kyphosis

18. One of the following is a cause of human trafficking  
 A. introduction of child labour  
 B. introduction of naira notes  
 C. scarcity of funds  
 D. unemployment

19. Human trafficking started in the  
 A. 1900’s  
 B. 1700’s  
 C. 1600’s  
 D. 700’s

20. Which of these is a sport law  
 A. negligence  
 B. games  
 C. leisure  
 D. recreation

21. \_\_ is any activity an individual does voluntarily during leisure  
 A. sports  
 B. games  
 C. leisure  
 D. recreation

22. Who is your physical & health education teacher ?

A. Mr. Alokiki Olamide

B. Mr. Adelokiki Olumide

C. Mr. Adeyemi David

D. Mr. Awotubo Bolarinwa

23. Prolong standing in weather and suffocating environment could result into---

1. Bleeding
2. *Lose consciousness*
3. Haemorrhage
4. Coughing

24. -------------- is the syndrome of both mind and the body

1. Protozoa
2. *Ailment*
3. Virus
4. Worm
5. Volleyball was invented by -----------
6. Monsieur Pierre De Conbertin
7. William J. Morgan
8. William J. Mark
9. William J. Andrew