

SECOND TERM E-LEARNING NOTE**SUBJECT: PHYSICAL AND HEALTH EDUCATION****CLASS: JSS3****SCHEME OF WORK**

WEEK	TOPIC
1.	Group / Combined Events
2.	puberty and teenage pregnancy
3.	Career in physical and health education
4.	Swimming
5.	Gymnastics
6.	Family health
7.	STI, HIV / AIDS
8.	Taekwando
9.	Boxing
10.	Drug use, misuse and abuse

REFERENCE

Essentials of Physical and Health Education for Junior Secondary School 3.

WEEK ONE**TOPIC: GROUP / COMBINED EVENTS**

Combined events are combination of track and field events. It started during the ancient Olympic games to test the all-round ability of the competitors.

TYPES OF COMBINED EVENTS

1. Pentathlon :this consists of five events which are held in a day by men in the following order:
 - long jump
 - javelin
 - 200m race
 - Discus throw
 - 1500m race
2. Decathlon : this consists of ten events which are held on two consecutive days by men in the following order:

Day one <ul style="list-style-type: none"> • 100m race • Long jump • Shot put • High jump • 400m race 	Day two <ul style="list-style-type: none"> 110m hurdles discus throw pole vault javelin throw 1500m race.
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3. Heptathlon :this consists of seven events which are held on two consecutive days by women in the following order:

Day one <ul style="list-style-type: none"> 100m hurdles High jump 	Day two <ul style="list-style-type: none"> long jump javelin throw
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Name: _____

Class: _____

Shot put
200m race

800m race.

Officials in athletics meeting

- The referee
- The chief track judge
- The track judge
- The chief field judge
- The field judge
- The starter
- The recall starter
- The security officers
- The stewards
- The lap recorder
- The marksman /assistant starter
- The announcer
- The umpires
- The recorders
- The time keepers
- The press
- The first aiders
- The clerk of the course.

Duties of the officials

The referee

1. He presides over the sports meeting.
2. He allocates duties to other officials.
3. He ratifies and sign all results.
4. He has the final say in all decisions.

The track judges

They shall decide the order in which the competitors finish.

The field judges

They shall judge, measure and record each valid trial of the competitors in all jumping and throwing events.

The starter

He shall start all races, using the whistle or gun.

He has the right to disqualify any competitor that beats the gun twice.

The recall starter

He shall recall the competitors when there is a false start.

The marksman / assistant starter

He shall assist the starter.

He shall draw lanes for the competitors.

He shall make sure that the starting rules are followed.

The lap recorders

They shall keep the record of laps covered by the competitors in races from 1500m upward.

They shall ring the bell to signify the final lap.

The announcer

He shall read the names and numbers of the competitors taking part in each event.

He shall announce the result of each event.

The umpires

Name: _____ Class: _____

They shall watch the competitors closely and report any violation of the rules to the referee.
They shall help to supervise in the relay at the takeover points.

The recorders

They shall keep official records of all the events for the organizers.
They shall also record the result of all the events.

The time keepers

They shall take the time of the competitors.
They shall record them and hand – over to the chief time keeper for ratification of the referee.

The clerk of the course

He is the school sports' director.
He is the secretary of all the committees.
He is the organizer of the meeting.
He shall supply all the material needed.
He is the host of all the officials.

Scoring in combined competitions

The scoring is done by calculating the number of medals acquired by a competitor in terms of gold, silver and bronze.

WEEKEND ASSIGNMENT

1. One of the following is not a type of group/ combined events A. Decathlon B. Heptathlon C. Octathlon D. Pentathlon
2. Which of the three types of group/combined events is for women? A. Decathlon B. Heptathlon C. Octathlon D. Pentathlon
3. The following events are common to the three types of group/combined events except ____ A. 200m race B. javelin C. long jump D. 1,500m
4. Which of these group/combined events is carried out in a day? A. Decathlon B. Heptathlon C. Octathlon D. Pentathlon
5. Under which event would you classify hurdles? A. Field only B. Throw and jumping events C. Track only D. Track and field events

THEORY

1. Differentiate between Decathlon and Pentathlon
2. List five events each for Decathlon and Pentathlon

WEEK TWO

TOPIC: PUBERTY AND TEENAGE PREGNANCY

DEFINITION OF PUBERTY

Puberty is the stage in human physiological development when somebody becomes capable of sexual reproduction.

It is noticed in teenagers / adolescents between the ages of ten to nineteen through growth and development of secondary sexual characteristics. There is swift increase in body size, a

Name: _____

Class: _____

change in shape and composition of the body and a rapid development of the reproductive organs other characteristics marking sexual maturity.

Physical changes that place in teenagers.

In boys:

1. Their voice gets deeper
2. Their muscle develops
3. Their chests get broader.
4. Hair starts to grow under their arms, on legs and face.
5. The penis and testicles will also grow bigger and longer.
6. Pubic hair appeared start to grow.

In girls:

1. Their voice become thinner.
2. Their body become rounded
3. Their breast become larger
4. Their hip bulge outward
5. Hair grow under their arms and on the genital area.
6. They start menstruating and ovulating

Pubertal terminologies

Menstruation: this is the monthly discharge of the lining of the womb due to lack of fertilization of an egg.

Menarche: this is the first menstrual cycle of a female. It starts between 9 -16 years.

Menopause: this is the stoppage of menstrual cycle in a woman. It stops between 45 – 55 years.

Ovulation: this is the monthly release of an egg by the ovary.

Erection: this is the straighten and lengthen of a male's penis.

Wet dream: this is when some semen comes out from a boy's penis while he is asleep.

Teenage pregnancy

Teenage pregnancy is a pregnancy that occurs in a female who has reached puberty but has not reached her twentieth birthday when the pregnancy ends. In other words, Teenage pregnancy is the pregnancy that occurs in a female between the ages of 13 – 19 years.

Causes of teenage pregnancy

1. Curiosity or experimentation.
2. Customs and traditions that lead to early marriage / child marriage
3. Lack of sexual and reproductive health education
4. Youthful exuberance
5. Peer pressure
6. Poverty
7. Poor nutrition

Name: _____

Class: _____

8. Exposure to abuse, violence and family strife at home
9. Low self esteem
10. Low educational ambitions and goals.

Consequences of teenage pregnancy

1. Drop out of school
2. Maternal mortality
3. Premature birth
4. Still birth
5. Medical complications
6. Increase rates of alcohol and substance abuse
7. Neglect of baby
8. Trouble with finances
9. Depression

Prevention of Teenage Pregnancy

1. Abstinence
2. Contraceptives
3. Communication
4. Teaching comprehensive sex education

WEEKEND ASSIGNMENT

1. Which of the following is a physical change experienced by both boys and girls?
A. Development of muscles B. Development of round hips C. Growth of hair on the body D. Development of deep voice.
2. Which of the following is not a health consequence of premarital sex? A. May lead to unwanted pregnancy B. May lead to emotional guilt of making a child at of wedlock C. May lead to fulfillment of one's life D. Possibility of contracting STDs.
3. At puberty in girls, the following changes take place except ____ A. the voice cracks and becomes deeper B. hair grown under the armpit and private part C. the hip becomes more pronounced D. the ova are released one at a time.
4. Teenage pregnancy can be defined as pregnancy of a female between the age of ____
A. 10 – 13 years B. 10 – 19 years C. 13 – 19 years D. 10 – 20 years
5. The effects of teenage pregnancy may either be ____ A. social B. physical C. social and emotional D. physical, social and emotional

THEORY

1. Define the following terms:
(a) Puberty (b) Teenage pregnancy
2. State three distinguishing changes each in boys and in girls.

WEEK THREE

TOPIC: CAREER IN PHYSICAL AND HEALTH EDUCATION

Career is the particular occupation for which you are trained. It is the progress and actions taken by a person throughout a life time. A career is often composed of the jobs held, titles earned and work accomplished over a long period of time rather than just referring to one position.

Name: _____

Class: _____

For one to qualify as a physical and health education specialist, you must have obtained any of the following degrees:

Diploma in Physical and Health Education

NCE in Physical and Health Education

B.ED/B.A/ B.sc in Physical Education and Human kinetics

M.ED/M.A/M.sc in Physical and Health Education

PhD in Physical and Health Education

BRANCHES OF PHYSICAL AND HEALTH EDUCATION

1. Health education
2. Physical education
3. Sports psychology
4. Sports management / administration
5. Sports medicine
6. Sports science
7. Sports marketing
8. Recreational management
9. Sports sociology
10. Safety education.

REASONS FOR CHOOSING A CAREER IN PHYSICAL AND HEALTH EDUCATION

1. Aptitude
2. Skills
3. Interests
4. Personal
5. VALUES
6. Family and personal needs
7. Physical needs
8. Goals
9. Financial needs.

HOW TO CHOOSE A CAREER

Before choosing a particular career the individual should consider the following:

1. What are my value?
2. Where my interest lies?
3. What is really important to me?
4. What do I do well and enjoy?
5. What kind of personality do I have?
6. What are my natural talent?

CAREER OPPORTUNITIES IN PHYSICAL AND HEALTH EDUCATION

1. Coaching
2. Physical trainer
3. Sports psychologist
4. Sports marketer
5. Exercise therapist
6. Sports journalist
7. Sports administrators
8. Community development workers

Name: _____

Class: _____

9. Health journalist
10. Teaching
11. Consultant
12. Safety personnel
13. Grounds men.

PAST AND PRESENT SPORT HEROES AND CONTRIBUTIONS IN NIGERIA

1. FalilatOgunkoya
2. Mary Onyali
3. SegunOdegbami
4. Dick Tiger
5. Thunder Balogun
6. Christian Chukwu

THEIR CONTRIBUTIONS

SIR JERRY AMADI ENYEAZU

He founded Enyimba football club in 1976. He was the first Director of Sports in the then Imo State, in South-Eastern part of Nigeria.

MARY ONYALI-OMAGBEMI

She was born February 3, 1968. She was a Nigeria sprinter who won the bronze medal in 4 by 100 meters' relay race at the 1992 summer Olympics. And in 200 meters at the 1996 summer Olympics. She also won the 1996 commonwealth games.

PATRICK OLUWASEGUN ODEGBAMI

He was born August 2, 1952 in Lagos. He won 46 caps and scored 23 goals for his country and guided Nigeria to its Africans Nations Cup title at the 1980 African Nations Cup.

DICK TIGER

He was born August 14, 1929 and died December 14, 1971. His boxing career records was; fought 81 times; won 60, lost 18, drew 3, Dick Tiger was one of the greatest fighters to come out of African continent. Dick became a two-time undisputed World Middle Weight Champion.

CHRISTIAN CHUKWU

He was the first Nigeria captain to lift the African nation's cup trophy.

TESLIM THUNDER BALOGUN

The first Nigeria to play professional football in England at Peterborough United, Holbeach United and Queens Park Rangers and also the Nigeria coach to lead the National team to the Olympic Games in 1968.

PROFESSIONALS IN PHYSICAL EDUCATION IN NIGERIA

1. H.J. EKPERIGIN (FATHER OF PHYSICAL EDUCATION IN NIGERIA)
2. ISAAC AKIOYE
3. DR AWOTURE ELEYAE
4. M.T. ADIUKU
5. J.A ADEDEJI
6. EZE ACHIUGU

7. PROFESSOR M.O. AJISAFE**HARDING JAMES EKPERIGIN**

He is father of physical education. He was born in Ugbori in Warri local Government Area of Delta State. He attended Government College, Ibadan, where his athletic exploits started. He participated in the Grier Cup Competition in 1937 and recorded outstanding performance in the Long jump. His achievements include the followings;

1. He graduated as the Nigerian professionally trained Physical and Health Education expert at the famous Loughborough Training College in 1952 thereby opening the flood gate for others Nigerians.
2. He revolutionized Physical and Education in both Western and Mid-western regions.
3. He helped to firm up Physical and health education in both grade two and grade three Teachers' College

ISAAC AKIOYE

He was trained in famous Loughborough Training College like EKPERIGIN. He was a member of Nigeria football club that played barefooted to the amazement of British spectators in 1949. On his return to Nigeria from Britain, he joined the Western Region Ministry of Education Officer.

ACHIEVEMENTS

1. He was the first professional to be appointed as Director of Sports at the National Sports Commission.
2. During his tenure, the Nigeria Polytechnic Games Association (NIPOGA) and the Nigeria School Sports Federation (NSSF) were founded.
3. He abolished the playing of Netball preference to Basketball in Nigeria Schools.

PROFESSOR M.O. AJISAFE

He was one of the professionals of Physical Education in Nigeria. He Is a professor of curriculum and instructions in Physical Education in Nigeria noteworthy.

ACHIEVEMENTS

1. In 1969, he with others successfully canvassed for the adoption of a syllabus that will reflect the geo-cultural background of Nigeria to replace the 1933 syllabus imported to the country by the British Government. He was part of those that gave birth to the current 6-3-3-4 system of education.
2. In July 1974, he was the Secretary to the group that was called by the Federal Government to formulate the physical Education syllabus of the Universal Primary Education (U.P.E.).
3. He published a book TEACHING PHYSICAL AND HEALTH EDUCATION which contained the outcome of his Federal Government sponsored research into indigenous activities suitable for the Physical Education programs of Nigeria Primary Schools.

SPORT PROMOTION AGENCIES AND BODIES IN NIGERIA

1. Nigeria Sports Association.
2. Nigeria Association of Physical Health and Recreation (NAPHER)
3. Nigeria Institute of Nigeria.

Name: _____

Class: _____

ASSERTIVENESS AND COMMUNICATION SKILLS

Assertiveness enables one to communicate one's views, thoughts and opinions in a confident way. Assertiveness is a valuable personal and interpersonal skill. It can be important in situations where you are being pressurized to do something you don't want to do; such as take drugs or have sex. If you are assertive, you will be able to refuse these pressures and make better choices for yourself and your life.

Hence, assertiveness means;

1. Communicating your wishes, thoughts and feelings openly and honestly, and encouraging others to do the same.
2. Listening to the views of others in an open and non-judgmental way.
3. Accepting responsibilities and being able to give others responsibilities when necessary.
4. Thanking people for what they have done.
5. Accepting that you are not always right and that sometimes you make mistakes.
6. Being able to make apologies.
7. Maintaining self-control, even if you don't agree with someone's views or actions.

EVALUATION QUESTIONS

- 1) Define career
- 2) List ten (10) branches of P.H.E.

READING ASSIGNMENT

Read pages 120—121 of Essentials of Physical and Health Education for junior secondary school 2.

WEEKEND ASSIGNMENT

1. Which of the following is not a function of Physical Education specialist? A. Coaching B. Health journalism C. Sport psychology D. Teaching and Physical Education
2. _____ was regarded as the father of Physical Education in Nigeria. A. Mr. H.J Ekperigin B. Prof. M.O Ajisafe C. Prof. J.A Adedeji D. Frederick John
3. Which of the following qualifications is the apex/highest level one can attain in Physical Health Education? A. PhD B. Masters C. Bachelor/B.ED D. N.C.E
4. Health Education specialists' functions include the following except _____. A. safety educationists B. recreation management C. community development workers D. exercise therapists.
5. Who among these sports heroes won gold medal in 400m race for Nigeria? A. Christian Chukwu B. Dick Tiger C. Falilat Ogunkoya D. Teslim Balogun

THEORY

1. What is career guidance?
2. Write short notes on any two sports' heroes in Nigeria.

REFERENCE TEXT

Essentials of Physical and Health Education for junior secondary school 2.

WEEK FOUR

TOPIC: SWIMMING

HISTORY OF SWIMMING

Swimming is an aquatic sport engaged in by all ages like diving, scuba, water polo, sailing, canoeing, fishing, boat regatta etc., for recreation, physical fitness and survival. Carvings of Swimmers were found on rock walls in Libyan Desert dated far back as 9,000 B.C. It was among the sports the Greeks competed for during the ancient and modern Olympic games. It became an Olympic event for men in 1896 and for women in 1912. Today, it is the second largest sport in the Olympic programme. The world controlling body is Federation Internationale de Natation Amateur (F.I.N.A) in 1908 in London but its headquarters in USA. In Nigeria, people in the riverine areas start swimming from the birth i. e The Ijaws, the Ilajes and other riverine tribes. The Swimming Federation of Nigeria (S.F.N) was formed in 1958.

BASIC SKILLS IN SWIMMING

1. Front crawl
2. Breast stroke
3. Back stroke
4. Butterfly stroke

FACILITIES OF SWIMMING

1. Stream / swimming pool/ river/ lake e.t.c.
2. The toilet
3. The shower rooms
4. The diving board
5. The changing rooms
6. The chlorinating machine

EQUIPMENT OF SWIMMING

1. Swimming trunk
2. Head gear
3. Floater
4. Light bamboo poles
5. Whistles
6. The rubber tubes
7. The protective devices

SAFETY RULES AT SWIMMING POOL

1. Do not go to the pool alone.
2. Call for help when necessary.
3. Always shower before entering the water
4. Never spit, urinate or throw any type of rubbish in the water.
5. There should be no running around to avoid slip and fall.
6. All learners must not go to the pool without tube / life guard for safety.
7. Safety officers must always be on guard before learning.
8. Beginner should start from the shallow end of the pool.
9. Learner should obey and follow instructions.
10. Avoid the use of ornaments such as necklace.

THE OFFICIALS OF SWIMMING THEIR DUTIES**The referee**

Name: _____

Class: _____

- i. He has full control and enforces the rules.
- ii. He assigns duties to other officials.
- iii. He ratifies all results.
- iv. He has the right to disqualify any competitor.

The starter:

- i. He starts all races.
- ii. He decides if, a start is fair.

The time keepers:

They take the time of the competitors in the lanes assigned to them.

The inspectors of turns:

They record the laps completed and ensure that the rules of turning are followed.

The finishing judges:

They place the competitors in order of finishing.

The stroke judges:

They ensure that the stroke laws are obeyed.

The life guard:

- i. They are expert swimmers that help competitors that are in trouble
- ii. They save lives and prevent people from drowning.

The announcer

The recorder

EVALUATION QUESTION

1. Narrate the history of swimming.
2. List seven (7) safety rules in swimming.

READING ASSIGNMENT

Read pages 107—112 of Essentials of Physical and Health Education for junior secondary school 2.

WEEKEND ASSIGNMENT

1. Surfing, canoeing, rafting, diving and water polo are -----sports? (a) games (b) aquatics (c) gymnastics (d) outdoor
2. Who presides over athletic meeting? (a) straddle (b) referee (b) marks men (c) judge (d) umpire
3. What is the dimension of the landing area in long jump? (a) 8m/2.75m (b) 9m/2.75m (c) 9m/2.95m (d) 9m/3.95m.
4. A standard swimming pool measures? (a) 25m/30m (b) 25m/40m (c) 25m/50m (d) 25m/60m.
5. Physical education can be defined as the development of the body? (a) Physically (b) mentally (c) socially (d) all of the above.

THEORY

1. List five safety measures and precautions in swimming.
2. Mention five equipment used in swimming.

WEEK FIVE**TOPIC:GYMNASTICS****HISTORY OF GYMNASTICS**

Gymnastics means naked art and it originated in ancient Greece. It is believed that the Chinese were the first people to develop activities that resembled gymnastics. The people that perform it are called 'The Gymnasts' and the place where the activities are carried out is known as 'the gymnasium'. It is an exercise intended to develop strength, power, flexibility and agility. It became an Olympic sport in 1896; the controlling body is Federation Internationale De Gymnastique (F.I.G) with its headquarters in Switzerland Gymnastics Federation of Nigeria (G.F.N) was established in 1975.

John Basedow(1723 – 1790) was the first European to teach organized gymnastics. Johann Guts Muth published the first book on gymnastics titled Gymnastics for youths. He is referred to as great – grand father of gymnastics. Fredrick Ludwig John established the first gymnastics club called 'Turnverein' and invented the parallelbars, still rings, horizontal bars. So, he is known as the father of modern gymnastics.

Nature of Gymnastics

The performance commences when the Gymnast raises his hand to indicate 'readiness' and comes to an end when he raises the two hands to signal end of the performance. The grading is done according to how complex the events are.

Skills used in Gymnastics

Gymnastics are grouped into three areas namely--- the STUNTS, TUMBLING and APPARATUS WORK. The stunts and tumbling activities are grouped as floor exercises or ground work. Apparatus activities are the gymnastic activities done with equipment. Jump support (side horse), dips (parallel bar) pull-up (horizontal bars), and skin the cat (horizontal bars). A SPOTTER is an individual that assist another in performing physical activities.

THE EQUIPMENTUSED IN GYMNASTICS

1. The pommel horse
2. The vaulting horse
3. The long horse
4. The spring board
5. The parallel bars
6. The uneven parallel bars
7. The horizontal bars
8. The still rings
9. The mats / Trampoline
10. The beam
11. The buck
12. The medicine ball

Name: _____

Class: _____

THE SAFETY MEASURES IN GYMNASTICS

1. Gymnast should have an proper warm – up before activities.
2. Wear the correct costumes.
3. Never manage any apparatus.
4. Check the areas and be sure they are free from hazards.
5. Master the fundamental skills before performing.
6. Proceed from simple to complex.
7. Ask questions when in doubts.
8. Always follow instructions.
9. Be sure of a spotter before performing a difficult activity.
10. Avoid distractions.

THE OFFICIALS OF GYMNASTICS

1. The referee
2. The judges (about four)
3. The scorers
4. The announcers
5. The doctors
6. The clerks
7. The mat chairman
8. The time keepers.

EVALUATION QUESTIONS

1. State any five safety measures in gymnastics.
2. List any five officials regulating gymnastics.

READING ASSIGNMENT

Read pages 82 – 89 of Essentials of Physical and Health Education For Junior Secondary School 3.

REFERENCES

Essentials of Physical and Health Education JSS3
Physical and Health Education Workbook for JSS3

WEEKEND ASSIGNMENT

1. The following are tumbling exercises except ____ A. hand spring B. neck spring C. pyramid D. sideward roll.
2. Physical fitness exercise that gives abdominal strength and endurance is ____ A. cartwheel B. headspring C. headstand D. sit-up.
3. Gymnastics equipment includes all of the following except ____ A. stick B. rope C. parallel bar D. mat.
4. When performing gymnastics activity, the following safety precautions are to be observed except ____ A. activity should be demonstrated first before the students practice it B. complex activities should be broken into stages C. related warm up exercises should precede the main activity D. students should be left alone in the gymnasium during lesson.
5. Stunts and tumbling activities are carried out ____ A. in a hall B. in an open space C. in the gymnasium D. on the field.

THEORY

1. State five values of gymnastics.
2. Mention five requirements of a gymnast.

WEEK SIX**TOPIC: FAMILY HEALTH****MEANING OF A FAMILY**

A family is a basic unit of a society that is responsible for supporting, caring for and preparing children for adulthood. It comprises people related by blood, marriage or law. It is the first environment of every child which influences his / her personal development. However, health is a state of well-being and freedom from diseases; it is the general condition of the body and mind. Health is the state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (W.H.O).

The following are the determinants of health:

1. heredity
2. environment
3. life style

HEREDITY: This is the biological process whereby genetic factors are transmitted from one generation to the next. It is the total inherited attributes. Heredity plays an important role in determining the health of an individual.

ENVIRONMENT: This is the totality of surrounding conditions. It is the area in which something exists or lives. Human beings and their environment constantly interact and both are changed by the interaction. Environment affects the following, dressing, food, culture, religion etc.

LIFE STYLE: This is the way a person lives, behaves and practices. Lifestyles are a mixture of habits, conventional way of doing things and reasoned actions. A lifestyle typically reflects an individual's attitudes and values.

CHARACTERISTICS OF A HEALTHY PERSON

1. Ability to work without being easily fatigued
2. Ability to comprehend mental task
3. Resistance to infection
4. Freedom from diseases
5. Proper body functioning
6. Freedom from physical defect.

Types of family

Nuclear family
Extended family
Foster family
Adopted family

Duties of members of the family**The father**

Name: _____

Class: _____

He provides shelter for the family.
He provides money for food
He provides clothing
He provides education for the children
He provides discipline in the family
He provides advice and assistance for members of the family
He provides security and protection for the family
He provides moral and religious training for the family
He provides settlement of disputes among family members.
Show a good example for the family to follow.

The mother

She provides home training for the children.
She provides assistance for the father in raising the children.
She provides assistance for the father in maintaining discipline.
She prepares food for the family at the right time.
She keeps and maintains the home.
She sees to the welfare of the children.
She assists in the economic survival of the family.
Show a good example for the children to follow.

The children

They greet their parents when necessary.
Assist in the maintenance of the family.
Run errand for their parents.
Obey instructions of their parents.
Keep the family tradition all the time.
Perform household chores.
Living up to the family's expectations.
Performing well in school.

DISEASES

DISEASE VECTORS

Disease vectors are living organisms that can transmit infectious diseases between or from animals to humans.

Types of Disease Vector

1. Mosquito
2. Ticks
3. Fleas
4. Tsetse fly
5. Black flies
6. House flies
7. Body lice
8. Mites
9. Triatomine bugs
10. Freshwater snail

EVALUATION QUESTIONS

Name: _____

Class: _____

1. Define health
2. List the determinants of health

REFERENCE TEXT

Essentials of Physical and Health Education for Junior Secondary School book 1.

WEEKEND ASSIGNMENT

1. All the following are determinants of health except? (a) heredity (b) life style (c) longevity (d) environment.
2. Diseases can be prevented by ____ A. consulting a native doctor B. being fashionable C. overtreatment D. good sanitation.
3. In order to avoid water – borne diseases, we should ____ A. boil and filter drink B. drink water taken from the stream C. drink water from its sources D. take water from bore holes regularly.
4. The vector for disease known as trypanosomiasis or nagana is the ____ A. blackfly B. housefly C. tsetsefly D. mosquito.
5. If our food is deficient in protein, which of the following disease is likely to occur ____ A. night blindness B. ricket C. anaemia D. kwashiorkor.

THEORY

1. What is a disease – vector?
2. Mention three pathogens that cause disease.

READING ASSIGNMENT

Read pages 85—86 of Essentials of Physical and Health Education for Junior Secondary School book 1.

WEEK SEVEN

TOPIC: STI,HIV /AIDS

MEANING OF STI

Sexually Transmitted infection is infection that can be spread from one person to another through sexual intercourse. It occurs when person infected with a STI / STD has sexual intercourse with a person without STIs then, the person without it get infected.

STDs are diseases that shown on people after being infected through signs and symptoms i.e the secondary stages of STIs.

CAUSES OF STIS / STDS

1. Bacteria
2. Fungi
3. Protozoa
4. Viruses

EXAMPLES OF STIs

1. Chlamydia
2. Gonorrhoea
3. Syphilis
4. Pubic lice
5. Candidiasis / thrush

6. Trichomoniasis

Signs of STDS for girls

1. Unusual discharge from vagina, changes colour, unpleasant smell; becomes thicker and excessive that makes you uncomfortable.
2. Sores near the vagina or the anus.
3. Rash round the vagina.
4. Pain in the lower belly
5. Bleeding when not doing menses.
6. Pain when you pass urine.
7. Pain when you have sex.
8. Itching in or around them vagina.

Signs of STDS for boys

1. Swelling on the testes.
2. Pain when you pass urine.
3. Pain when you have sex.
4. Discharge from the penis.
5. Sores near the penis or anus.
6. Rash near the penis or anus.
7. Itching on the penis.

Problem encountered if STD is not Properly Treated

1. You will pass infection to anybody that has sex with you.
2. You might not be able to have children in the future
3. It will become easier for you to have AIDS.
4. You might not be able to pass urine easily.

MEANING OF HIV / AIDS

HIV (Human Immunodeficiency Virus) is a virus that destroys the body's immune system over time, lowering its ability to fight diseases. Once, the immune system is weakened, AIDS (Acquired Immune Deficiency Syndrome) develops. An AIDS patient has no immunity at all i e the body can no longer fight infection but prone to any disease it contacts. AIDS can occur within 3 – 10 years of diagnosing HIV.

SIGNS AND SYMPTOMS OF HIV / AIDS

1. Coughing for more than one month.
2. Sores all over the body.
3. Infectious disease in the mouth or throat.
4. Itching skin rashes.
5. Swollen glands at two or more sites.
6. Tiredness that has refused to go away.
7. Rapid unexplained weight loss.
8. Fever for longer than one month.
9. Diarrhea for longer than one month.

HOW YOU CAN CONTACT HIV / AIDS

1. Sexual intercourse via vagina, anus or oral.

Name: _____ Class: _____

2. Sharing of sharp objects like needles, blades, syringe, clipper etc with an infected person.
3. Mother to child.
4. Infection in health care settings like tattooing / piercing.
5. Blood transfusion.
6. Deep kissing / sharing toothbrush in case of sore in the mouth.

HOW CANNOT CONTACT HIV / AIDS

1. Holding hands, hugging or embracing.
2. Sneezing and coughing.
3. Living together.
4. Breathing the same air.
5. Sharing food and drinks
6. Sharing clothes, toilet seat and swimming pools.
7. Being bitten by mosquitoes, bed bugs etc.

CONTROL OR PREVENTION OF HIV / AIDS

1. Abstinence
2. Use of condoms
3. Not sharing unsterilized objects like blades, needles, syringe etc.
4. The practice of blood screening before transfusion or marriage.
5. Invite health workers to talk to you about HIV / AIDS.
6. Educate others about HIV / AIDS.
7. Take active part in anti - AIDS campaign clubs.
8. Show love and care to people living with HIV / AIDS (PLWHA).

EVALUATION QUESTIONS

1. What causes HIV?
2. How can you control HIV/AIDS?

WEEKEND ASSIGNMENT

1. AIDS means ____ A. All Infectious Disease Syndrome B. Acquired Immune Deficiency Syndrome C. Acquired Immune Disease Syndrome D. Acquired Immune Deficiency Symptoms.
2. Which of these is a virus that causes AIDS? A. HIS B. NIS C. HIVU D. HIV.
3. AIDS can be contacted through the following except ____ A. sex B. blood transfusion C. use of unsterilized infected needles D. good food.
4. HIV stands for ____ A. Human Infectious Virus B. Human Immune Virus C. Human Immunodeficiency Virus D. Hormone Immunodeficiency Virus.
5. In order to be AIDS free, one needs to do the following except one ____ A. do not use same toothbrush B. do not use a used razor blade C. have a regular intercourse without protection D. abstain from casual sex.

THEORY

1. State three effects of HIV/AIDS on humans.
2. Mention three signs and symptoms of AIDS on humans.
3. State two ways of preventing HIV/AIDS

READING ASSIGNMENT

Name: _____ Class: _____

Read pages 85 – 86 Essentials of Physical and Health Education for Junior Secondary School book 3.

REFERENCES

Essentials of Physical and Health Education for Junior Secondary School book 3.

Physical and Health Education Workbook for JSS 3.

WEEK EIGHT

TOPIC: TAEKWANDO

HISTORY OF TAEKWANDO

Taekwondo is a Korean national sport. In 1910 -1945, Koreans were exposed to Japanese versions of Chinese martial art such as karate, which was adopted and mixed with Korean martial artssuch as taekgon. The father of modern taekwondo, General Choi Hong Hi taughtthis soldiers the combination of karate andtaekgon. He founded International TaekwondoFederation, Canada (ITF) in 1966 but died in 2002. However,the World Taekwondo Federation (WTF) was founded in 1973 by South Korea to rival ITF.It became a demonstrated sport at the 1988Olympic Games and as an official Asian game in 1984.

TAEKWANDO IN NIGERIA

It was introduced into the country by an Ivorian master AikpaAime in 1975 and embraced by many people. In 1983, the federal government invited two Korean expertsMr.Moo CheunKimandMr.Jhoo Rae –Pak to instruct the Nigerian army in 1986, Taekwondo Association of Nigeria (T.A.N) was formed.

Skills and techniques

Stance:	Parallel stance Sitting stance Frog / walking stance Back L- stance Fighting stance Cat stance
Hand attacks:	punches Open hand technique Close hand strikes
Kicks:	Front kick Side kick Back kick Roundhouse kick Drop / Ace kick
Blocks	Single forearm block Low block Rising block Palm block Knife hand block
Self defense	Linear / hard techniques Circular / soft techniques
Patterns	Solo taekwondo patterns Team taekwondo patterns

Facilities and equipment

Competition area (10m by 10m)

Trunk protector (hogu)

Head protector

Groin guard

Fore – arm guard

Shin guard

Mouth piece / guards

Breast protectors (female's only)

Dokok : the official dress of the competitors

Dojang : the place where the competition were held.

Belts: white signifies no prior knowledge / beginner

Yellow signifies foundation and growth stage

Green signifies more solid level of skill and ability

Blue signifies sky and new heights

Red signifies sun

Black signifies proficiency and maturity

Regulations

Duration: it is three rounds of two minutes each with a one – minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of two minutes will be conducted as the sudden death overtime round.

Scoring: points are awarded by judges as follows:

One point for attack on trunk protector

Two points for attack on the head

One additional point if, the opponent is knocked down and referee counts.

Points Deduction: this happens as warning or a penalty for prohibited acts. When a contestant points (up to four points) has been deducted , the referee shall declare him / her loser by penalties.

IMPORTANCE OF TAEKWANDO

The emphasis of the importance of taekwondo on the following:

1. Mental discipline
2. Ethical discipline
3. Etiquette
4. Justice
5. Respect
6. Self - confidence

Safety Rules

1. When a competitor is injured, theCentre referee must stop the match and call the doctor.
2. An injured competitor that is unfit to fight according to the doctor's decision cannot continue the bout again during the event.

Name: _____ Class: _____

3. If two competitors injure themselves at the same time and both are unfit to fight, the winner is the competitor that that scored more points and if the scores are even, the jury president will decide.
4. A competitor that refuses the doctors decision will be disqualified.

OFFICIALS AND THEIR DUTIES

1. **JURY:** He or she gives the final decisional rule.
2. **Referee:** He/she controls the match.
3. **Judges:** They give in line and accordance without judgement.
4. **Umpire:** He/she checks competition dress.
5. **Timekeeper:** He/she takes the role of starting and ending the match.
6. **Recorder:** He/she keeps match records.

EVALUATION QUESTIONS

1. Mention five importance of taekwondo.
2. State the safety rules guiding taekwondo.
3. List the officials used in taekwondo.

WEEKEND ASSIGNMENT

1. Taekwondo is a ___ national sport. A. Korean B. Japanese C. Turkish D. None of the above.
2. The act of kicking and punching is called ___ A. Chinese B. Wrestling C. Judo D. Taekwondo.
3. Which of these is not among the various martial arts school founded ___ A. Odokwan B. Mudokwan C. Chin – Chang D. Changukwan.
4. The father of modern taekwondo is called ___ A. General Beucto B. General Choi Hong Hi C. General Ching – Chong D. Major Hong – Kong.
5. The international Taekwondo Federation Canada (ITF) was founded in the year ___ A. 1996 B. 1966 C. 1986 D. all of the above.

THEORY

1. State five rules and regulations of taekwondo.
2. Mention five skills and techniques in taekwondo.

READING ASSIGNMENT

Read pages 56 – 64 of Essentials of Physical and Health Education for Junior Secondary School book 3.

REFERENCES

Essentials of Physical and Health Education for Junior Secondary School book 3.
Physical and Health Education Workbook for JSS 3.

WEEK NINE

TOPIC: BOXING

BRIEF HISTORY

Fist fighting was first played in Olympic games in about 688 B.C. Boxing in the past used to result in bloody clash but was revived in the 18th century in England. Boxing became a workman sport and prize fights which attracted participants and spectators from the working class. Boxing is also called “the manly art of self-defense”. A sport in which two competitors try to hit each other with their glove encased fists while trying to avoid each

Name: _____

Class: _____

other's blows. Modern boxing started in 1866 when Marquess of Queensberry gave new set of rules of three minutes rounds with one minute rest in between.

Classes of boxing

There are eight major classes of boxing:

- flyweight; 50.9 KG
- Bantam weight: 53.6 KG
- Feather weight: 57.3 KG
- Light weight: 61.4 KG
- Welter weight: 66.8 KG
- Middle weight: 72.7 KG
- Light heavy weight: 79.5 KG
- Heavy weight: 200 lbs or more

CATEGORIES OF BOXING

1. AMATEUR BOXING
2. PROFESSIONAL BOXING

FACILITIES AND EQUIPMENT

1. Bags
2. Boxing ring
3. Focus mitts
4. Hand wraps
5. Head gear
6. Heavy bag gloves
7. Jump rope
8. Medicine ball
9. Mirror
10. Sparring gloves
11. Mouth piece
12. Speed bag gloves

DURATION OF BOXING GAMES

1. World titles: males (12 round) ;(female: 10 round)
2. Intercontinental titles: males (12 rounds) ;(females: 10 rounds)
3. International titles: males (10 or 12 rounds) ;(females: 8 rounds)
4. Regional titles: 10 rounds

BOXING SKILLS

1. Stance
2. Punches
3. Defense
4. Guards

OFFICIALS AND DUTIES

The Referee

1. The referee is the sole arbiter in all championship contests and the only person authorized to stop a contest at any stage.

Name: _____ Class: _____

2. The referee examines the bandages and gloves of each boxer before the contest begins.

The Judges

1. All championship contests are scored and evaluated by the three judges.
2. The 10 Point Must System will be the standard system of scoring a contest.

The ring side physicians

1. The ringside physicians may enter during the course of a round only at the request of the referee.
2. He may enter the ring between rounds on their own and advise the referee about the condition of either boxer.

The time keeper

The indicate the last 10 seconds remaining in each round by knocking loudly on a table.

EVALUATION QUESTIONS

1. Mention the major skills employed in boxing.
2. What are the duties of the ring side physicians?

WEEKEND ASSIGNMENT

1. Modern boxing started in ____ A. 1966 B. 1866 C. 1876 D. 1970.
2. How many major classes of weight do we have in boxing? A. Nine B. Eight C. Seven D. Six.
3. Which of these is not among the facilities and equipment in boxing? A. Jump ropes B. Boxing gloves C. Gym bag D. Racket.
4. Who among these groups is not an official in boxing? A. Judge B. Linesman C. Time keeper D. Referee.
5. The better fighter is given a maximum of ____ point on each round. A. 11 B. 20 C. 15 D. 10.

THEORY

1. List five equipment used in boxing.
2. Enumerate five boxing skills you know.

READING ASSIGNMENT

Read pages 85 – 86 of Essentials of Physical and Health Education for Junior Secondary School book 3.

REFERENCES

Essentials of Physical and Health Education for Junior Secondary School book 3.
Physical and Health Education for Workbook for JSS 3.

WEEK TEN

TOPIC: DRUG, USE, MISUSE AND ABUSE

DRUG

Drug is any substance which when ingested into the body, either through the mouth, skin or inhaled through the nose, that can change either the function or the structure of the human organism. A drug is foreign material, food, vitamins, plant, snake venom, air pollutants and pesticides.

CATEGORIES OF DRUG

There are two categories of drug which are;

1. Prescribed Drugs: These are medicines which are available to patients only by the order of a physician. Only drugs which are prescribed by the doctors indicating the quantity or dosage are made available to customer. This means that nobody can purchase drug without doctor's prescription
2. Unprescribed Drugs or Over the Counter drugs (O.T.C): These are nonprescription drug that can be purchased over the counter in the chemist shops. One does not need to present a physician's prescription slip to purchase these drugs.

DRUG MISUSE

Drug misuse is the intake of drug in the ways that are not medically valid. It is also the unintentional and inappropriate use of prescription or nonprescription medicine which may result in impaired physical, mental, and social well-being of the user.

DRUG ABUSE

This is the excessive use of substances that measurably damages health or impairs social, vocational, or emotional adjustments.

FACTORS THAT DETERMINE THE EFFECT OF DRUG

1. Dosage
2. Potency or strength of drug
3. Solubility
4. Site
5. Set and setting

Patterns For Drug Use And Abuse

1. Experimental use
2. Social use
3. Situational use
4. Intensive use
5. Compulsive use

EVALUATION QUESTIONS

1. Mention the pattern for drug use and abuse.
2. List the commonly abuse drugs.
3. State the health effects of hard drugs.

WEEKEND ASSIGNMENT

1. Drug abuse may be prevented among youths through ___ A. adoption of unhealthy life style B. adoption of negative social interaction C. inculcation of life coping skills D. unselective friendships
2. The situation where two or more drugs taken together or in close succession reacts to give greater effects is known as ___ A habituation B. synergism C. drug abuse D. addiction
3. The purchase and consumption of medicine without the rescription of a qualified medical doctor is ___ A. drug abuse B. drug misuse C. self-medication D. self-habitation.

Name: _____ Class: _____

4. The following drugs can be ingested except ___ A. paracetamol B cocaine C. gin D. Indian hemp.
5. Drgs can be used for ___ and ___ purposes. A. medical, recreational B. utility, and recreational C. medical and utility D. defence, acceptability

THEORY

1. List five reasons a person takes drugs.
2. State five ways drg abuse can be prevented.

READING ASSIGNMENT

Read pages 85 – 86 of Essentials of Physical and Health Education for Junior Secondary School book 3.

REFERENCES

Essentials of Physical and Health Education for Junior Secondary School book 3.
Physical and Health Education for Workbook for JSS 3.