

**1. Differentiate between contact and non-contact sports. ( 4 each).**

ANS

Contact sports

- Contact sports involves coming in contact with your opponent or team mate
- Contact sports are played in groups
- They are games in which players struggle to out play one another
- Contact sports permit the players to interact physically on the same field

Non-contact sports

- These are games or sports played without making much bodily contact with your opponent
- Non-contact sports are not played in groups
- Most non-contact sports are played with a single-player and an opponent
- Players of non-contact sports are not prone to injuries

**2. Tabulate skills in swimming.**

ANS

- Freestyle stroke
- Back stroke
- Butterfly stroke
- Breast stroke

**3. State 4 skills in judo and explain one.**

ANS

- Grip
- The throw
- Movement
- Stance

Grip:

- stretch out your hands towards your opponent
- Grip your opponent with force
- Apply serious force to thrust/push your opponent to one side
- Hold him with strength and power

**4. State 4 reasons why first aid treatment is important.**

ANS

- It helps to reduce pain before the doctor arrives
- It can prevent infection

- It makes workplaces safer
- It saves money

**5. Differentiate between recreation and leisure.**

ANS

Recreation: this is an individual's preferred pleasurable and enjoyable activities in which they engage during leisure time.

Leisure: this is the period when someone is not engaged in work or study

**6. List 4 gymnastics activities.**

ANS

- Forward roll
- Head stand
- Wheel barrow push
- Side balance

**7. List 3 aquatic sporting activities.**

ANS

- Swimming
- Sailing
- fishing

**8. List 4 pre-colonial sports in Nigeria.**

ANS

- wrestling
- hunting
- fishing
- running

**9. List 3 determinant of health and explain two.**

ANS

- Heredity
- Environment
- Life style

Heredity: this means the genetic trait given from parent to their offspring

Environment: individual places which organisms live in affect health positively or negatively

**10. State 3 reasons why food is important.**

ANS

- it helps to eliminate hunger and thirst
- it helps to prevent illness and diseases
- it helps the body in growth