

PHE Mid term assignment

- 1 Difference between contact and non contact sports (each)
- 2 Tabulate skill in swimming
- 3 State 4 skills in judo and explain one
- 4 State 4 reasons why first aid treatment is important
- 5 Differentiate between recreation and leisure
- 6 List 4 gymnastics ~~and~~ activities
- 7 List 3 aquatic sporting activities
- 8 ~~List 3 aquatic sporting activities~~ List 4 pre colonial sports in ~~nigeria~~ in Nigeria
- 9 List 3 determinants of health and explain 2
- 10 State 3 reasons why food is important.

Solution

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|---|----------------------------|-----------------------------|
| 1 | Contact | non contact sport |
| a | They touch each other | you do not touch each other |
| b | They are for strong people | They are for any body |

2. freestyle stroke
backstroke
breast stroke

3. a. stance
b. grip
c. throw
d. movements

4. a. to save lives
b. to prevent injuries
c. to help injured people
d. to cause injuries

5. Recreation is any activity which one is engaged

b. leisure is a free period of a person's work

6. a. turning
twisting
~~swinging~~ swinging
bending

7. a. swimming
water polo
canoe

9.4 heredity
b environment
l lifestyle

a energy
steroids
nutrition