

THE LEADERSHIP INTERNATIONAL ACADEMY
ASSIGNMENT 2
SUBJECT : PHYSICAL AND HEALTH EDUCATION
CLASS : JSS 2
OBJECTIVE

(10 Marks)

1. Taekwondo competition is conducted between two competitions labelled Chung (blue) and Hong

(red) (a) yes (b) no (c) I don't know (d) all of the above

2. Who awards points in Taekwondo match? (a) judges (b) recorder (c) referee (d) linesmen

3. Which of the following is not a skill in boxing (a) throwing (b) stance (c) footwork (d) pivot

4. One of these is not a career opportunity in Physical and Health Education
(a) teacher (b) coach (c) sport journalist (d) painter

5. Which of these is not a branch or field of Physical and Health Education
(a) sport management (b) sport psychology (c) nursing (d) sport kinesiology

6. One of these is not an athletic sport hero in Nigeria (a) Mary Onyali (b) Falilat Ogunkoya (c) Chioma Ajunwa (d) Hakeem Olajuwon

7. The branch of studies that deals with the prevention and control of diseases is known as _____ (a)

Physical Education (b) health education (c) educational technology (d) entomology

8. Which of this is not a life saving equipment in swimming (a) life bouy (b) life jacket (c) life guard

(d) water wing

9. A person who performs gymnastics is known as _____ (a) gymnaster (b) gymnast (c) gymnasium (d)

gymnastic

10. All are examples of non contact sport except _____ (a) swimming (b) football (c) gymnastics (d)

badminton

11. The followings are equipment in swimming except (a) goggle (b) swim trunk (c) swimming pool

(d) vaulting pole

12. The official who has the overall control in swimming competition is called_____ (a) referee (b)

chief time keeper (c) starter (d) finish judge

(1) A

(2) A

(3) A

(4) D

(5) C

(6) D

(7) B

(8) D

(9) B

(10) B

(11) D

(12) A