

FIRST TERM JS2 PHE NOTE

SCHEME OF WORK

WEEKS	GENERAL TOPICS	CONTENTS
1	First Aid and Safety Education	Meaning, definition, contents, objectives, Qualities, principles and treatment of fresh
2	First Aid and Safety Education (Accident)	Meaning, definitions, injuries in sports, types of accidents and safety measures
3	First Aid and Safety Education (Road Accident)	Road accident, causes, road traffic signs, Injuries – burns and scalds sign, general control/Prevention of accident

4	Environmental Pollution	Meaning, definition, examples, Types of pollution and prevention
5	Disease (Non Communicable)	Meaning, definition, examples, Nature of non communicable diseases, Causes, effects, signs and symptoms, Control measures
6	Posture	Meaning, Definition, kinds, examples of faulty posture, control and preventive measures
7	Games and Sports (Judo)	History and Development, Techniques, Method, Movement, Terminology in judo, Officials and their duties, Rules and regulation

WEEK 1

FIRST AID AND SAFETY EDUCATION

1. First aid is the immediate and temporary assistance given to an injured casualty or victim before transferring the casualty to a medical personnel.
2. First Aid is the act of giving quick and correct emergency treatment in case of injuries, accident or ill health.

Definition of Terms:

1. First Aider: This the person who administer immediate and temporary assistance to an injured casualty/victim before the transportation to hospital for doctor's attention.
2. Emergency: This is unexpected or sudden occurrence of injury without planning which require immediate and quick action.
4. Safety: This is all precautionary measures geared towards the prevention and control of injuries, accidents/ill health.
4. Safety Education: This is the educational instruction and precautionary measures geared against the prevention and control of injuries an accident or ill health
5. Transfer/Transportation: This is the movement of casualty/victim from the scene of injury/accident/ill health to the hospital for doctor's attention.

Contents of First Aid Box

1. Iodine
2. Embrocated ointment eg rob
3. Scissors
4. Forceps
5. Potassium permangment
6. Cotton wool
7. Bandage
8. Plaster
9. Safety pins
10. Dettol
11. Izal
12. Genital violet (GV)

Objectives of First Aid

1. To save life
2. To prevent more injuries from worsening
3. To prevent shock
4. To reduce pain
5. To arrest bleeding
6. To assist the doctor

Qualities of a good First Aider

1. Good observer
2. Knowledgeable or skilled
3. Be resourceful
4. Tactful and Sensitive
5. Sympathetic
6. Cheerful and Neat
7. Confident/Courageous
8. Kind and humorous
9. Good decision
10. Fast and quick in action

Principles of First Aid

1. Check the injury and determine the degree or extent of damage.
2. Give urgent and needed help
3. Immobilize the affected part
4. Check the source of bleeding (arteries, veins, capillary)
5. Never feed any liquid or fluid on the casualty

Common Injury one can sustain

1. Fracture
2. Bruises
3. Strain
4. Sprain
5. Drowning
6. Nose Bleeding
7. Chocking
8. Faint
9. Shock

Types of Accident

1. Home accident
2. Air accident
3. Road accident
4. Water accident
5. Industrial accident
6. Factory accident
7. Laboratory accident

Common Causes of Accident

1. Carelessness\
2. Impatience
3. Fatigue/Tiredness
4. Lack of skill or knowledge
5. Unsafe environment
6. Faulty equipment
7. Drunkenness
8. Poor condition of automobile

General Prevention and Control Measures

1. Acquisition of skill /knowledge
2. Adequate warm up exercise
3. Avoid overestimating your ability
- 4.. Avoid exposing your body to danger
5. Carefulness
6. Patience
7. Use of correct and excellent equipment
8. Commence activity from simple to complex
9. Good playing grand
10. Use of Spoiler is essential
11. Obey traffic light
12. Avoid excess speed limit
13. Avoid over loading vehicle
14. Proper check up of vehicle before using it is essential

Bleeding/Hemorrhage

This is the escape of blood from the blood vessels as a result of injuries or accident.

Form of Bleeding

1. Internal Bleeding
2. External Bleeding

Types of Bleeding Hemorrhage

1. Capillary Bleeding
2. Venous Bleeding
3. Arterial Bleeding

Ways/Mean of Arresting Bleeding

1. Natural Formation
2. Direct Pressure Point
3. Indirect Pressure Point
4. Use of tourniquet

Burns and Scalds

Burns are injuries caused as a result of dry heat object. Examples are hot pot, hot iron, hot spoon, naked flame, etc.

Causes of Burns

1. Flame
2. Fire
3. Lightning
4. Strong allergies eg: strong ammonia, caustic acid, etc
5. Hot metal
6. Electricity

Classification of Burns

1. First degree burn: This is characterized by reddened colour of the affected body caused by injury or burns.
2. Second degree burn: This is characterized by blisters of the affected parts
3. Third degree burn: The underlying tissues and blood vessels are destroyed. This can lead to loss of blood resulting to shock.

Scalds

This is an injury caused as a result of moist or liquid heat or steam. Eg. hot oil, hot pap, hot water, hot soup, etc.

GAMES AND SPORTS

BASKET BALL

Origin and Development

Basketball originated from USA in 1891. The man who introduced this game is Dr. James Naismith. This game was first featured in Olympic games in Tokyo (Japan) in 1936. The international ruling body for this game is the International Basketball Federation (IBF). The body is responsible for organizing basketball competition in the whole world. The game of basketball came to Nigeria through the missionaries. In Nigeria, the ruling governing body of the game is called Nigeria Basketball Federation (NBF)

The game is played by five players in a team five reserves or substitutes. It is played with hands. James Naismith was a physical education instructor at the International Young Men Christain Association (IYMCA) training school in spring field Massachusetts, U.S.A. It was first played during Berlin Olympic game in 1936.

DRAW THE BASKETBALL COURT

Equipment

1. Balls
2. Basket
3. Canvas shoes with good socks
4. Whistle
5. Sleeveless shirts and shorts
6. Score sheet
7. Marker/Biro

Facilities

1. Playing court or pitch
2. Electronic score board
3. Benches for substitutes

Requirements in the Game of Basketball

1. Agility
2. Flexibility
3. Physical fitness
4. Coordination
5. Accuracy
6. Balance
7. Adequate recreation time
8. Fast and quick thinking
9. Strength, etc

Basic Skills in Basketball

Skills in basketball include:

1. Stance
2. Shooting
3. Dribbling
4. Foot work
5. Individual defense
6. Individual offense

Types of Passes in Basketball

1. Chest pass
2. Bounce pass
3. Javelin pass
4. Under arm pass
5. Two hand over head pass
6. One hand over head pass
7. Hook pass
8. Dive pass
9. Roll pass

Types of shots in Basketball

1. lay-up shot
2. Free throw shot
3. Hook shot
4. dunk shot
5. Jump shot
6. Hand push shot
7. One hand set shot

Officials in Basketball

- 1.The umpire
2. The referee
- 3.. Scorer
4. The time keeper

Values of Basketball

1. Development of physical fitness
2. Development of precision
3. For recreation
4. For fun and enjoyment
5. For competition
6. Development of skills
7. For entertainment

Measurements

1. The length is 28m by 15m wide
2. The line used in basketball is 5cm wide.
3. The diameter of the center 1.80
4. The radius of the center circle is 3.60m wide
5. The three point field goal area in basketball is 45cm in diameter.
6. The rings are 45m in diameter.
7. The weight of the basketball is between 567g and 650g

Note: Goals scored outside the semi-circle counts 3 points while goal scored within the semi-circle counts 2 points.

There are two restricted areas in basketball
-Free thrown lines and restraining circle

An opposing team are not allowed to stay more than three seconds in the restricted area. The 6 minutes extra time is awarded by the referee

Types of Offence in Basketball

1. The individual offence
2. The team offence

Rules in Basketball

1. The three seconds rule says that a player shall not remain for more than three seconds in the opponent restricted area.
2. The five seconds rule; a ball shall be called when a player holding the ball does not dribble within five seconds of taking possession.
3. The eight seconds rule: When a player gains control on the court, the team must within eight seconds force the ball to go back to the court.
4. The 24 seconds rule: A player who gains the ball controlled on the court, shoot should be attempted by the player within 24 seconds.
5. A player is allowed two steps when holding the ball.

6. The ball may be thrown in any direction with one or two hands.
7. The shouldering, holding, pushing or tripping of an opponent is not allowed.
8. The ball must not be kicked.
9. After the dribbling, a player is not allowed to dribble again, otherwise, it will be double dribbling
10. A player who is in possession of the ball moves illegally if he makes it more than two steps, except on dribbling. It should be regarded as travelling.

ENVIRONMENTAL POLLUTION

Environmental pollution is the addition of any substance in form of energy to the atmosphere or environment by spread, breakdown, recycling or storage in harmful ways. Pollution therefore, equally means spreading of biodegradable materials to an environment that is capable of being unhealthy hazards to humanity and other creation.

Examples; in form of heat, sound and radioactive to atmosphere or environment.

Types of pollution

1. Air pollution eg. smoke, gas, etc
2. Water pollution eg. chemical, harmful micro organism
3. Noise pollution eg. air plane, churches, mosques, industries etc
4. Land pollution eg .solid wastes, cans, bottles
5. Visual pollution eg. water as coolant in power plant
6. Thermal pollution eg. nuclear power penetration, nuclear weapon
7. Radio active pollution

Sources//Causes of pollution

1. Petrol chemical emission
2. Motor vehicle emission
3. Nuclear waste disposal activities
4. Plastic factors
5. oil refineries
6. coal fire
7. bush burning
8. Fire plants

Effects of Environmental Pollution

1. Natural disaster eg: hurricane
2. Respiratory disease
3. Chest pain
4. Chronic bronchitis
5. Emphysema
6. Depletion or loss of ozone layers
7. Deadly effect on human and ecology

Prevention/Control of Environmental Pollution

1. Governmental regulation about illegal burning and disposal of waste in our environment.
2. Health infraction with regard to the effect and prevention of environmental pollution.
3. Avoid bush burning,
4. Workers in factories, industries and firms must have protective materials.
5. Adequate and proper disposal of refuse.
6. Educating the public on the prevention of pollution.
7. Training people on the technical way of prevention
8. Establishment of board responsible for prevention of pollution. Eg. Abuja Environmental Protection board

NON COMMUNICABLE DISEASES

Non-communicable diseases are those diseases that develop from the inside of the body and cannot be passed to another person. They are caused as a result of the following:

1. Inadequate food nutrients
2. Abnormalities that develop
3. Inherited disease
4. Physiological failure of tissue
5. Chemical fall out
6. Malnutrition
7. Congenital problem
8. Brain damage
9. Inheritance

Examples of Non Communicable Diseases

1. Sickle cell
2. Obesity
3. Asthma
4. Kwashiorkor
5. Marasmus
6. Rickets
7. Diabetes
8. Hypertension
9. Acne
10. Epilepsy
11. Stroke
12. Cancer

12. Ulcer
13. Heart failure
14. Renal failure
15. Tumours
16. Leukaemia
17. Goiter
18. Anxiety
19. Retarded brain
20. Allergy
21. Neurosis
22. Glaucoma, etc

Sickle Cell

Nature of Sickle Cell

Sickle cell disease is a condition of the blood inherited by the child from both parents. In normal situation, the human red blood cell is disc-shaped with the life span of 90-120 days and carries sufficient haemoglobin. However, in people suffering from sickle cell disease, the red blood cells are 'S' shaped which do not carry enough haemoglobin and has a lifespan of less than 90 days.

The effect of this is that while the disc-shaped cells pass through the vessels smoothly, the sickle (S) shaped cell seem to intervene and cause blockage of the blood vessels leading to severe pain. A person with sickle cell(SS) easily experiences severe attacks called sickle cell

Sign of sickle cell disease

1. The liver and the spleen become larger
2. The bones and the joints become weak and tiny.

Prevention of sickle cell crisis

1. Carrying out blood test for sickle cell before marriage
2. Discouraging a person with a haemoglobin issue from marrying a partner with the same blood group.
3. Use of counseling services before marriage.
4. Adhere to the doctors instructions

Obesity

This is excess accumulation of fat in the body, which occurs as a result of over eating of food that contains a lot of fat.

Nature of Obesity

It occurs in all ages from children and in males or females. The obese person is fat and over weight for his/her age/height. This causes heart disease.

Causes of Obesity

1. Inactivity
2. Genetic factors
3. Poverty and Ignorance

Prevention of Obesity

1. Moderate calculated eating and drinking
2. Regular exercise
3. Adequate bowel movement
4. Medical check-up
5. Controls of obesity through doctor's rules.

Anaemia

This is a medical condition where your body lacks enough healthy red blood cells or haemoglobin to carry adequate oxygen to your tissues. Symptoms commonly fatigue, weakness and shortness of breath

Rickets

Rickets is a nutritional condition affecting the skeleton caused by lack of calcium and vitamin D in the bones.

This is characterized by growth failure, bone deformity, muscular problems.

General Signs of non-communicable diseases

1. Paleness
2. Rapid heart rate
3. Bone deformity
4. Growth failure
5. Lack of energy
6. Shortage of blood
7. Shortage of oxygen

General preventive measures

1. Need for balanced diet
2. use of adequate vitamins
3. Adequate mineral salt
4. Intake of natural food eg. sea foods

Effects of Non-communicable diseases

1. Congenital problems
2. Brain problems
3. heart failure
4. Renal failure
5. Poor growth/stunted growth
6. Dwarfism
7. Paleness of the skin

POSTURE

1. Posture is the position the body assumes during the performance of any physical activity such as standing, sitting, running, jumping, etc.
2. Posture is the habitual carriage of the body in most erect position.
3. Posture is the bearing of the body at any time, in any direction, easily and without strains and with maximum muscular effort

FACTORS AFFECTING POSTURE

According to Sheldon, the following are factors affecting posture

1. physical activity
2. Heredity
3. Environmental factors
4. Work/Occupation
5. Psychological factors
6. Congenital problems
7. Age
8. Habit

Characteristics of good posture

1. The head is well back.
2. The chin is in.
3. The abdomen is flat.
4. The back is straight.
5. The knees are straight and relaxed.
6. The feet are slightly apart.
7. The weight is balanced on both feet.
8. The toes are pointed straight ahead.
9. The chest is lifted upward and forward.
10. The buttocks are tucked under slightly.
11. Weight is chiefly borne on the balls of the feet.

Values of Good Posture

1. Good appearance
2. Efficient movement
3. Positive self image
4. Vital organs are kept in best positions.
5. Muscular, Nervous and Respiratory fatigue are delayed due to good posture.
6. Mental alertness and general intellectual vigour.

Factors That Aid Postural Defects Or Causes Postural Defects

1. Heredity
2. Occupation or bad habit
3. Injury, Disease and Infection
4. Defective sense organ
5. Rapid growth
6. Overweight or Obesity
7. Accident
8. Poor diet
9. Imitation

Types Of Postural Defects

1.Kyphosis (Round shoulder or hunch back): This is excessively curved as a result of squeezed chest muscle and overstretched back muscles.

Causes

- a. Carrying load on the back
- b. Accident
- c. Diseases
- d. Lack of physical exercises/activities

2. Lordosis or Hollow back cover extension of the lumber region): This is due to weak abdominal muscles excessive fats

Causes

- a. Congenital problem
- b. Lack of exercise
- c. Accident
- d. Diseases
- e. Presence of excessive fats in the abdomen.

3. **Flat foot:** This is when the arch of the foot is lost.
There are three types of flat foot.

-Mobile Flat Foot

-Rigid flat foot

-Spartio flat foot

Effects of Poor Posture on the body

1, Difficulty in breathing

2. Impairs blood circulation

3. Reduction in the tonicity of the Muscles

4. Unattractive appearance

5. Uncordinated movement

6. Early fatigue during physical activity

Ways of Maintaining Good Posture

1. Well planned and regular physical exercise
2. Good body or proper carriage and proper walking standing and sitting positions
3. Need for balance diet
4. Through Good Recreation
5. Through Medical examination
6. Adequate rest
7. Early detection of disease

TYPES OF POSTURAL DEFECTS

1. Scoliosis
2. Kyphosis
3. Lordosis
4. Genu valgus (k-legs)
5. Genu varus (bow legs)
6. Abdominal Ptosis
7. Flat foot
8. Pronated ankle

GENERAL WAYS OF TREATING BAD POSTURE

1. Participation in sports
2. Rest
3. Balanced Diet
4. Physiotherapy and supportive brace
5. X-ray at the hospital
6. Rich diet in vitamin D and Calcium.

JUDO- Martial Art

Origin and Development: Judo is a martial art which involves two opponents using movement, balance, and leverage to gain advantage over each other. It was adapted by Japanese traditional martial art called Jujutsu.

Judo was introduced by a Japanese, Zygoro Kamo in 1878. Judo became an Olympic sport in 1964-Tokyo Japan.

In Nigeria Judo gained official sport in 1972. A Nigerian trained Judoka in person of Mr. Alexandria Ifidon was the first sports commissioner in Nigeria in 1973.

In Nigeria the ruling body is Nigeria Amateur Judo Association (NAJA), which was formed and re-named Nigeria Judo Federation (NJF) in 1993.

EQUIPMENT AND FACILITIES

- Mats
- Belts
- Judogi
- The jacket
- Shoes

BASIC SKILLS IN JUDO

1. Stance
2. Gripping
3. Movement
4. Falling

THROWS IN JUDO

1. Loin throw
2. Hip throw
3. Foolstop

Note: A judo match is won when one contestant scores an Ippon. Ippon is awarded for these reasons:

- a. forceful throw
- b. holding for more than 25 seconds
- c. application of forceful chokehold or elbow lock

RULES IN JUDO

1. Duration is 3 to 10 minutes
2. Punching, putting a hand, foot leg or arm on opponent's face is not allowed.
3. Refusing to attack or not showing aggression can result to penalty.
4. Winning a point is called an ippon
5. Judoka must not make a derogatory remark to officials and opponents.
6. Judoka must be clean, dry skin, short nails on feet and hands, etc.

IMPORTANCE OF JUDO

1. Discipline and sincerity of life
2. Knowledge and techniques of defense
3. Build courage and encourages us to be energetic
4. Development of speed and free movement
5. Regulation of proper blood flow in muscles
6. Flexibility of the body joints
7. Improvement in physical fitness capacity
8. Muscular tonicity is enhanced, etc.
9. Easy and efficient respiration

OFFICIALS IN JUDO

1. Referee

- Solely in charge of Judo match
- Scores points
- Works with judges when there is disagreement
- Decides on the winner of a match

2. Judges

- Scoring of points
- Assist the referee

3. Time keeper

- Signals the beginning and duration of a match
- Throws in red bean bag on the mat to indicate time up.

TERMINOLOGIES IN JUDO

1. Dojo- Judo exercise or training hall
2. Hajime – A beginning command by the referee
3. Kimi – Decision
4. Ippon – full points given by the referee
5. Jikan – Time out
6. Kadokan – Judo Association
7. Judoka – Judo practitioner
8. Maitte – I surrender
9. Waza – Technique