

PHYSICAL AND HEALTH EDUCATION (PHE) JSSS1.

DEFINITION OF CONTACT AND NON- CONTACT SPORTS.

Contact sports are sports that emphasize or require physical contact between players.

Non- contact sports are those sports where participants should have no means of contact between players.

Examples of contact sports: soccer/ football, Basketball, wrestling/Boxing, Hockey, karate.

Examples of Non- contact sports : Volleyball, sprinting, Table tennis, swimming, cricket, gymnastic.

Benefits of contact and non- contact sports

1. improving co-ordination, balance, posture.
2. improving flexibility.
3. improves our posture.
4. Alleviating stress.
5. it makes a muscles stronger.

Safety Measures in contact and non- contact sports .

1. Every apparatus should be handled correctly.
2. Beginners should master the fundamental skills.
3. The playing environment should be safe.
4. fatigue or sick pupils should not allow to perform.

MEANING OF PERSONAL HEALTH.

Personal Health meansthe process of keeping the body, clothing, bedlinen and all personal effects clean always.

personal hygiene is the act or process through which we study how people maintain their health or how and what make peoplebecome ill.

HEALTH DEFINITION.

According to World Health Organisation(WHO) Health can be define as a state of complete physical, social, mental, emotional, well- being of an individual not merely absence of disease or infirmity.

Determinant of Health.

1. Heredity or Hereditary.
2. Environment
3. Lifestyle.

Heredity: many disease condition can be inherited from our parents for example; sickle- cell disease. sickle- cell disease is a serious illness in which the blood cells change shape resulting in weakness and fever. A person who suffers from sickle- cell is called a sickler. Other health issues controlled by heredity are the colour of the skin, the colour of eye, the height e.t.c.

Environment: factor determine the health of individual in the environment. Environmental factor such as: small tobacco, drug abuse, exercise alcohol consumption can make someone susecptiable to contract disease. In everything that we do in life, we shouldbe careful and pay attention to our person heath.

Characteristics of a Healthy Person.

1. physical fit, agile, smart; and well dress at all times.
2. A healthy person avoid tobacco and other drugs.
3. The person is mentally balance and interact with other in a ways that are acceptable.

4. A healthy person understand his personality and has a postive self esteem of himself or herself.
- 5 Observes and applies the principles of personal hygiene always.

SCHOOL AND COMMUNITY HEALTH.

Community Health is the interaction of people with their environment. community health practice grew out of certain health practice such as sewage, treatment, filtration and chlorination of drinking water and food inspection.

Meaning of sewage and refuse disposal.

Sewage is waste matter from human bodies, factories, towns, domestic or industrial establishments that is carried away in sewers or drains for dumping or conversion into a form that is toxic many diseases such as typhoid, cholera etc.

Refuse disposal: proper disposition of a discarded or discharged material in accordance with local environment guidelines or law.

Refuse is waste material. Waste are substances or objects which are dispose of by the provision of national law. Waste is the process of getting rid of unwanted materials or substances.

Methods of sewage disposal .

1. use of cesspools also known as Underground.
2. Septic tanks.
3. setting tanks.
4. disposal plants.

5. Dry or conservatory system.
6. water carriage system.

METHODS OF REFUSE DISPOSAL.

1. Recycling.
2. Composting
3. Buring the waste material.
4. Sanitary landfills or tipping to fill a valley.
5. Ocean duming.
6. incineration, Open dumping.

Source of water supply.

1. Rain.
2. Surface water.
3. Ocean.
4. Rivers.
5. Streams.
6. Tank.

Uses of water supply.

1. we use water for cooking, Bathing.
2. washing of clothes and dishes.
3. Industrial water use.

4. Irrigation water use.
5. Domestic use, Drinking.
6. Public supply water use.
7. Commercial water use.
8. Thermoelectric power water use.
9. Livestock water use.
10. we also use water to flush toilet.

FOOD, NUTRITION AND HEALTH.

Meaning of food.

Food is any substance which, when taken into the body, provides energy and helps in growth and repair of body tissues.

Meaning of Nutrition.

Nutrition is the study of food and its composition. nutrition includes diet, digestion and metabolism.

Meaning of Nutrient.

Nutrient are various ingredients of which the food is made up.

Balance Diet is that contains the six(6) classes of food and their right proportion.

Types of food

1. **Energy giving food:** These types of food when combined with oxygen during respiration release energy in cell examples; carbohydrate, fat and oil.

2. **Body building food:** food in this group helps in building up the cell in the body, repair of worn out cells. example; protein.
3. **Proective food:** proective food guides the body from diseases, They ensure proper functioning of body system. examples; vitamins and mineral salts.

CLASS OF FOOD

1. Carbohydrate. example; rice, garri, yam, potatoe.
2. Protein. example; egg, beans, meat, fish, etc.
3. Vitamin. examples; orange, green vegetables, carrot, apple, banana etc.
4. Fat and oil.
5. Mineral salt.
6. Water.

Importance of food.

1. carbohydrates provide energy for the body.
2. proteins are needed for the growth and development of the tissue, cells.
3. fats and oil keep the body warm.
4. for repair and renewal of the tissue, cells.
5. To maintain blood pressure.
6. Vitamins protect the body against diseases.

7. Water helps in digestion of food.

8. water regulates and maintains the body temperature.

Deficiency / Health problem.

1. Excess of carbohydrates in the body result in obesity and dibetes, serious under weight.

2. Lack of protein in diet may lead to the following:

I. Growth retardation (stunted growth).

II. kwashiorkor.

III. mental deficiency.

3. Lack of fats and oils may lead to weakness and tiredness.

4. Excess of fats and oils may lead to obesity, heart diseases and hardening of arteries (blood vessels).

MEANING OF PATHOGENS AND DISEASES.

Pathogens is a tiny living organism such as a bacterium or virus, that make people sick. Bacteria: are tiny living organism that we cannot see with the unaided eyes except through the use of microscope.

Diseases caused by bacteria; pneumonia, meningitis, gonorrhea, syphilis, infection and tuberculosis.

virus: are their living or non- living matters and they are mostly parasites. examples of diseases caused by virus; common cold, HIV/AIDs.

Disease is an abnormal condition of a part organ or system of an organ resulting from various causes. such as; infection,

inflammation, environmental factor or genetic defect and characterized by an identifiable group of sign, symptoms or both.

Disease enter the body through:

1. contact :physical contact with an infected person or her personal affect like; clothes,towel, cutlery etc.
2. Food: ingestion or eating of contaminated food and fruits.
3. Insect: exposure of the body to the bite of mosquitoes, tsetseflies.
4. Animal: physical bite by an infected skinned example; dog bite which causes rabies is also a route of disease entry.
5. Water: Drinking polluted water cause diseases like; dysentary, diarrhea and genea- worm, typhoid fever.
6. Air: these are million of germs may result in disease like; tuberculosis,whooping cough and caterrh.
7. Soil: walking there footed on contaminated dust or sand causes disease like; jigger and athlete foot.

CLASSIFICATION OF DISEASES

1. Commnicable disease or infectious disease.
2. Non - communicable disease.

Commnicable diseases: are diseases that can be contracted or transferred from an infected person or animal to a healthy person.

Examples of communicable disease:

1. ring worm.

2. cholera
3. Rabies
4. Typhoid.
5. Fever
6. malaria fever.
7. whooping cough.
8. syphilis.
9. AIDs.etc.

Non -communicable disease: These are diseases that cannot be contracted or transferred from one person to another.

Examples of Non- communicable diseases ; sickle - cell, Obesity, Asthma, Ache, Boil, Cancer, Hypertension, Diabetes mellitus, Anaemia, Marasmus, Dental caries, Otitis media, kwashiorkor, Ricket, Stroke.

Prevention of Communicable disease.

1. Personal hygiene.
2. Immunisation.
3. Vaccination.
4. Proper disposal of refuse and sewage.
5. Environmental sanitation.
6. Adequate Nutrition.
7. Ventilation.

8. Health Education

9. Prompt and routine medical check - up and treatment.

10. Seek and getting treatment in time.

11. The use of portable and safe water.

