

# PHYSICAL AND HEALTH EDUCATION

## CONTACT SPORTS

Contact sports involve the physical contact of players during a sporting event. Here, players can touch each other during a sport.

*Examples of contact sports include:*

- a. Football
- b. Boxing
- c. Wrestling
- d. Judo
- e. Karate etc.

## Basic Skills and Techniques in Contact Sports

The skills in contact sports differs from one contact sports to another. Examples:

- a. Football: basic skills include: dribbling, passing, shooting, etc.
- b. Boxing: basic skills include: jabbing, punching, etc.
- c. Judo: basic skills include: grappling, throwing, etc.

## Benefits or Importance of Contact Sports

The benefits of contact sports differ from one sports to another but it can be generalized.

The importance of contact sports cannot be over emphasized. They are:

1. It enhances strong interpersonal relationship among players.
2. It develops strong physical fitness as it involves contact with players.
3. It increases the efficiency of players and encourages fast development.
4. It draws people of many race together.
5. Generally, contact sports are more entertaining than non-contact sports as it involves many people and hence many spectators.

## Safety Measures in Contact Sports

Contact sports are prone to injuries on players. Players always gets injured and that is why safety measures are prescribed for players during sports. They are: a. Obey the rules and regulations of the game.

- b. Unhealthy person should not partake in contact sports as it involves physically fit individuals.
- c. Wear safety kits especially in contact sports like boxing, football etc.
- d. Avoid violence in the game.

## NON-CONTACT SPORTS

Non-contact sports involve those sporting events that does not require physical contact of players during the sporting activity. Players can have physical contact either before or after a sporting activity.

Examples of non-contact sports includes: gymnastics, swimming, tennis, golf, badminton, etc.

## **Basic skills in non-contact sports**

The skills in non-contact sports differ from one contact sports to another. Generally, they are:

- a. Gymnastics: running, stretching, bending, etc.
- b. Swimming: diving, arms movement etc.
- c. Tennis: loop, stroke, backhand etc.

## **Benefits of non-contact sports**

They are:

1. It requires less energy consumption compared to contact sports.
2. It is good for relaxation and recreational activities.
3. It involves more finance for the players especially games like golf, tennis, etc. This is because, they are referred to as rich man's sports according to United Kingdom origin.

## **Safety measures in non-contact sports**

In non-contact sports, players can be injured too. It is required for a player to follow and obey the safety measures in the sports.

They are:

1. Obey the rules and regulations of the game.
2. Wear safety wears and play safe.
3. Avoid violence in sports.

## **PERSONAL HEALTH**

*Personal health* is an individual's ability to prevent illness and maintain good health. It requires an individual to maintain personal hygiene.

### **Determinants of Health**

They are: heredity, environment, lifestyle, balanced diet, exercise etc.

#### **Heredity**

It refers to innate abilities. It is the possession of traits from parents to child. It includes genetic traits like; height, body build, artistic talent, cognitive traits etc. Individual's ability to prevent diseases is limited by heredity and other personal factors.

#### **Environment**

Physical environment may be described as physical surroundings in which one lives e.g., air water, climate, soil etc. It is a major determinant of personal health.

## **Lifestyle**

This is one of the most important factors of health. It implies the rejection of habits harmful to health such as smoking, drug abuse, etc.

## **Characteristics of a healthy person.**

1. Ability to work without being easily fatigued.
2. Ability to comprehend mental task.
3. Resistance to infection.
4. Feeling of accomplishment and self-realization.
5. Well-developed physical body.
6. Sleeps, plays and relaxes.

## **SCHOOL AND COMMUNITY HEALTH: SEWAGE AND REFUSE**

Community health is the general social, economic and healthy wellbeing of the people in a given area or environment. The health of the people in your schools is also important as your personal health.

### **Meaning of Sewage**

Sewage is a liquid waste which includes water from toilets, kitchen, bathrooms and lavatories.

Human faeces and urine and even factory discharge.

### **Meaning of Refuse**

Refuse is any solid waste thrown away by man. Examples are: ashes, leaves, dust, food remnants, bottles, tins, paper etc.

### **Methods of Sewage Disposal**

1. Conservancy methods: e.g., open dump, pit latrine, chemical latrines, and borehole latrine.
2. Water-carriage system: e.g., cesspit, sewage works, sewage pit, septic tank.

### **Methods of refuse disposal**

1. Open dump
2. Incineration
3. Compositing or decomposing
4. Burning
5. Burying
6. Pulverization
7. Controlled tipping

### **Sources of water**

There are different sources of water. They include: rivers, lakes, streams, springs, bore hole water, rainfall and seas.

## **FOOD, NUTRITION AND HEALTH**

*Food* is any substance, which when absorbed into the body cells yields energy and materials for growth, repairs of damaged tissues and regulation of body processes without harming the living organisms.

## **Meaning of nutrition**

*Nutrition* is the nourishment of the body with any food substance.

## **Classes of food**

There are six classes of food, namely:

1. Carbohydrates
2. Proteins
3. Fats and oils
4. Vitamins
5. Minerals
6. Water

### ***Carbohydrates***

They are organic compounds containing carbon, hydrogen and oxygen elements. The ratio of hydrogen to oxygen is 2:1 in all carbohydrates.

*Sources of carbohydrates:* potato, yam, rice, millet, cocoyam, corn, sugar, bread etc.

### ***Proteins***

They are organic compounds consisting of carbon, hydrogen, oxygen and nitrogen elements but some protein contains little phosphorus and sulphur. Proteins are the basic building blocks of human life.

*Sources of proteins:* milk, egg, chicken, fish, beans, peas, breadfruit, snail, etc.

### ***Fats and Oils***

They are complex organic compounds containing carbon, hydrogen and oxygen. They contain high proportion of carbon and hydrogen with less oxygen. Fats are solid at a room temperature, while oil is liquid at a room temperature.

*Sources of fats and oils:* vegetable oil, margarine, coconut, butter, oil palm fruits, cod liver oil.

### ***Vitamins***

They are substances found in certain foods in extremely small amount and their function is regulating the metabolic processes of the body.

### ***Classes of Vitamins***

1. Fat soluble vitamin: vitamin A, D, E and K.
2. Water soluble vitamins: vitamin B1, B2, B3, B4, B5, B6, B12, B15, C.

*Sources of vitamins:* mango, red palm oil, carrots, cod-liver oil, fish, milk, meat, egg, green, onions, cabbage, melons, etc.

### ***Minerals***

They are organic compounds such as calcium, phosphorus, iron, iodine etc. They are good for our survival and metabolism in various ways.

*Sources of minerals are:*

1. Iron: leafy vegetables, liver, kidney, unripe plantain.
2. Calcium: milk, cheese, fish, meat, egg, green, etc.
3. Phosphorus: yam, bread, snail, fish, meat, etc.
4. Sodium: table salt, fruits, fish, beer, chicken, etc.

## **Water**

It is a chemical compound containing hydrogen and oxygen. Water is the driver of all life, without water, life cannot be maintained.

## **PATHOGENS AND DISEASES**

*Pathogens* are microorganisms that can only cause problems if your immune system is weakened or if they manage to enter a normally sterile part of your body. All a pathogen need is to thrive and survive in a host. Pathogens can spread through skin contact, body fluids, airborne, contact with feces, touching of surface touched by an infected person.

**Types of pathogens are:** virus, bacteria, fungi and parasites.

### **Virus**

They are made up of a piece of genetic code such as DNA or RNA, and protected by a coating of protein. They use the components of the host to replicate, producing more virus. Antibiotics do not kill virus. Examples are: HIV/AIDS, yellow fever, measles, hepatitis, common cold, etc.

### **Bacteria**

They are microorganisms made of a single cell. Not all bacteria cause infections, those that cause infections are called pathogenic bacteria. Examples are: tuberculosis, gonorrhoea, meningitis, Lyme, etc.

### **Fungi**

It can be found everywhere in the environment, including indoors, outdoors and on human skin. Some fungal infections have proven to be dangerous such as *Candida aureus*. Examples are: ringworm, athlete's foot, thrush etc.

### **Parasites**

They are organisms that behave like tiny animals and living in a host and feeding at the expense of the host. Examples are: malaria, lice, giardiasis etc.

## **DISEASE**

Disease is any harmful departure from a normal health which makes the individual uncomfortable.

### **Types of Diseases:**

1. Communicable diseases and 2. Non communicable diseases.

**Communicable diseases:** They are diseases that can be transferred from one person to another. Examples are: cholera, diarrhea, chicken pox, measles, ringworm, small pox, influenza, mumps, etc.

**Non communicable diseases:** They are diseases that cannot be transmitted from one person to another. Examples are: anaemia, pellagra, rickets, marasmus, obesity, boil, etc.