

**TERM: THIRD**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: J S S 2**

**Scheme of work**

<b>WEEKS</b>	<b>TOPICS</b>
<b>1</b>	<b>Non communicable diseases -Meaning, examples and nature of non-communicable disease</b>
<b>2</b>	<b>Preventive measures against Non communicable diseases</b>
<b>3</b>	<b>Posture and postural defect</b>
<b>4</b>	<b>Postural defect</b>
<b>5</b>	<b>Causes of postural defect</b>
<b>6</b>	<b>Sport and the society</b>
<b>7 &amp; 8</b>	<b>Issues and challenges in physical and health education</b>
<b>9</b>	<b>Health implication of human trafficking on victim</b>
<b>10</b>	<b>Sport law</b>
<b>11 &amp; 12</b>	<b>Revision and examination</b>

## Week 1

### TOPIC: NON COMMUNICABLE DISEASES

A non communicable disease is a disease that cannot be transmitted through the contact from one person to another or from animal to man.

A non communicable disease is a medical condition or which is not transmissible among people. They are diseases or illnesses that are caused by something other than a pathogen.

A non communicable disease is a disease which is not infectious.

Such disease may result from genetic or lifestyle factors.

Examples of non-communicable diseases factors are as follows;

- |                 |                           |
|-----------------|---------------------------|
| 1. Cancer       | 10. Dental caries         |
| 2. Strokes      | 11. Boil                  |
| 3. Sickle cells | 12. Injury                |
| 4. Obesity      | 13. Mental disorderliness |
| 5. Snake bite   | 14. Anaemia               |
| 6. Marasmus     | 15. Diabetics             |
| 7. Rickets      | 16. Ache                  |
| 8. Ulcer        | 17. Arthritis             |
| 9. Asthma       | 18. Leukemia              |

**NATURE OF NON COMMUNICABLE DISEASES**

- 1. KWASHIORKWOR:** Is an early childhood mal nutrition of diseases caused by severe protein deficiency. However, the availability of starchy food may cause the child not to lose weight. The following symptoms may occur ,
  - i. Retarded growth
  - ii. Diarrhea
  - iii. Loss of appetite
  - iv. Liver failure
- 2. ANAEMIA:-** Anemia is a decrease in a red blood cells hemoglobin content of the blood such that the blood ability to carry oxygen is reduced.
- 3. OBESITY:-** Is an abnormal increase in the amount of body fat, mainly in the stomach, intestine and tissues beneath in the skin.
- 4. BOIL:-** It is a skin infection of the of the hair gland. It is marked by pains, redness, swelling etc. Boils are caused by staphylococci bacteria that are present on the skin.
- 5. RICKETS:-**is a condition caused by lack of vitamins D, Calcium and phosphorus. It is marked by abnormal body growth.

Symptoms includes the following; Soft bones causing defects such as bow leg, swollen skulls, chest defects, swollen liver, heavy sweating and general tenderness of the body when touched.
- 6. MARASMUS:-**Is a type of severe malnutrition that mostly affects young children. It is marked by step by step wasting of skin tissues and muscles. It is as a result of severe deficiency of nearly all food nutrient especially carbohydrates and proteins.

**ASSGNMENT**

1. Describe the nature of any three non-communicable diseases.

## **WEEK 2**

### **TOPIC:- PREVENTION OF NON COMMUNICABLE DISEASES**

- 1.** Good feeding habits prevent non-communicable diseases. Increase your daily intake of foods that are rich in vitamins and minerals.
- 2.** Avoid things that increase your chances of getting the disease. Such things include cigarettes, excess alcohol and so on.
- 3.** Maintain normal body weight by engaging in regular exercises
- 4.** Go for regular medical check-ups
- 5.** Be familiar with your medical history as some non-communicable diseases are hereditary such as sickle cell.

### **EVALUATION**

- 1.** Mention four preventive measures against non-communicable diseases

### **ASSIGNMENT**

- 1.** Mention two causes of non-communicable diseases

## **WEEK 3**

### **TOPIC: POSTURE AND POSTURAL DEFECTS**

Posture is the way the body is held while standing, sitting and walking. It can be defined as the alignment of the body.

Postural defects:-This refers to an abnormal curvature of the spine which is often associated with sickness (es) that as to do with postures.

There is a correct posture of the body for everything we do either standing, walking, running, sitting, sleeping and good posture gives us a smart appearance which shows we are sensitive and attentive.

Good posture is an erect position whereby there is neither forward nor backward bending of the spinal column

### **KINDS OF POSTURE**

1. Sitting posture
2. Standing posture
3. Walking posture
4. Running posture
5. Sleeping posture

#### **CORRECT STANDING POSTURE**

In standing properly:

1. The positions should be easy, not forced.
2. The head should be well up.
3. The chin slightly drawn inward.
4. The back of the head and the knees should be in one straight line.
5. The shoulder should be held back in their natural hopping position with the chest forward and the abdomen in and the heels together.

6. The weight of the body should rest on the outer edges of the feet.
7. The arms should hang easily at the sides with the palms turned inward and the fingers slightly bent.

#### **EVALUATION**

1. Explain the meaning posture
2. Mention and demonstrate four kinds of postures

#### **ASSIGNMENT**

1. Differentiate between good and bad posture
2. State the effect of bad posture

## WEEK FOUR

### TOPIC:- POSTURAL DEFECTS.

This refers to an abnormal curvature of the spine which is often associated with sickness (es) that as to do with postures. There are different types of postural defects- these are:

1. Kyphosis (humped back or rounded back)
2. Scoliosis
3. Lordosis (hollow back)
4. Flat foot
5. Knocked knees
6. Bowed-legs
7. Wry neck

#### **1. Kyphosis (round shoulder)**

Definition: kyphosis is regarded as the round shoulders which involves the bones and muscles of the back to assume a haunch or humped condition.

#### **2. SCOLIOSIS (LATERAL CURVATURE)**

Definition: scoliosis is the lateral curvature of the spine; that is, it is the side way bending of the body. It involves one shoulder being elevated more than the other. It affects the spine column and the two shoulders.

#### **3. LORDOSIS (HOLLOW BACK)**

Definition: lordosis is defined as the abnormal curvature of the spinal column. This is the backward bending of the spinal column of the body. The tummy or stomach is usually big. The person is usually huge or lanky so as to carry the weight of the big stomach.

#### **4. FLAT FOOT**

Definition: flat foot is a condition in which the arch of the foot is flattened which starts or stretches from the heel to the big toe. It involves the tearing of the ligaments supporting the arch of the foot. It is the most common kind of foot trouble. In the normal foot, only the heel, toes and outer border of the foot touch the ground.

## **5. BOWED-LEGS (VARUS KNEE)**

Definition: bow-legs are a condition in which in which the legs appear “bow” to the outside. In a bowed-leg situation, the patella would fall to the outside of the anterior leg line.

## **6. KNOCK-KNEE LEG/K-LEG (VALGUS KNEE)**

Definition: knock-knee leg is the opposite of the bowed-legs. It is a deviation where the patella falls inside the anterior leg line. Bowed legs and knock-knee legs are usually the result of faulty skeletal development.

- 7. WRY NECK:** This is a condition that makes a person hold his or her neck at a tilt while the chin is pointed to the opposite direction.

## **EVALUATION**

### **1. Briefly describe all these postural defects**

- (a)Kyphosis**
- (b)Lordosis**
- (c)Scoliosis**
- (d)Bowed-legs**
- (e)Knock-knee leg**
- (f)Flat-foot**
- (g)Wry neck**

## **ASSIGNMENT**

1. Which of these postural defects is referred to as `sway back`?

2. Differentiate between posture and postural defects.
3. Mention two ways bad postures can be treated

### WEEK 5

#### TOPIC: CAUSES OF POSTURAL DEFECTS

Common causes of postural defects include the following:

1. **Pain or injures:** if there is injury or pain in parts of the body, you tend to overcome the pain by holding the body in a particular way. When his continues for a long time, it can become a daily habit.
2. **Low nutritional state:** spine and back need adequate nutrient to grow strong and straight. Low nutrition and lack of vitamins and calcium can affect the bone and muscles by not providing adequate strength and flexibility to hold itself in a correct posture.
3. **Heredity:** if family has history a particular bad posture, it might be difficult to prevent such posture because genes are responsible.
4. **Habit:** sometimes, the way one walks or the way you hold things can be reasons for bad posture. for example, carrying weight on only one side of the body can contribute to imbalance or poor posture.
5. **Occupation:** The nature of job can contribute to bad posture. People who have desk jobs, often push their neck and head forward and haunch their shoulders. All these contribute to inability to keep spines straight and result in bad posture.
6. **Life styles and fashion:** People, who walk on pencils heels, are more prone to bad posture. Wearing boots, tight fitting cloths, low waist jeans and wide belts can cause bad posture because it changes center of gravity and causes posture to suffer.

#### **General causes of poor or bad postures also include the following;**

Lack of regular exercise, prolonged sitting or standing, faulty bone formation, muscular weakness, lack of rest and sleep, imitation or habit formation such as walking, running, standing etc

### EVALUATION

1. Explain five causes postural defects
2. Demonstrate the appropriate sitting, walking ,running, lifting positions

**ASSIGNMENT**

1. Mention causes of bad posture?
2. List three ways postural defects can be corrected

## **WEEK 6**

### **SPORTS AND THE SOCIETY**

Sports and Society provides students a basis for understanding the sports industry and the broader economic, political, religious, cultural, ethnic and social systems that apply to the world of sports.

Sport has been identified as part of the society that provides opportunity for regular interaction with many social institutions. Sports play a major role in the society.

Sports has become a major part of modern society with influence being felt in all areas of life to the extent that it has become a force and symbol of national unity.

Sports can be defined as a competitive activity that involves vigorous physical exertion or the use of complex physical skills by individual

What is society?

Society can be defined as a group of or a nation living together in an organized community.

### **VALUES AND FUNCTIONS OF SPORTS IN THE SOCIETY**

The functions and values of sports to the societies include the following:

1. It serves as an avenue to unite a various ethnic groups
2. It is use to reduce tension
3. Victory in sports has some national impact like prestige, enhances status and respect.
4. It brings about economic and political gains to the society
5. It creates excitement, fun, enjoyment and physical fitness

### **WAYS SPORTS CAN BE USED TO CON TROL YOUTHS RESTIVENESS**

A lot of youths are effectively engaged in various sports competitions. Therefore, instead of involving in crime, drug abuse or exerting their energy in unprofitable activities, sports are used as a tool to control and curb youth restiveness.

Many youths take up career in sports. Both government and private organizations should establish sports academy that prevents aimlessness and wandering among the youth.

### **EVALUATION**

1. Define sports
2. Define society

### **ASSIGNMENT**

State four functions of sports in the society

## WEEK 7&8

### TOPIC:- ISSUES AND CHALLENGES IN PHYSICAL AND HEALTH EDUCATION

#### 1. **Poor Equipment's and Facilities**

If the required implements are not readily available, training of the athletes won't be efficient and effectively carried out.

#### 2. **Drug Abuse**

They are substances used by athletes which are often used to stimulate the body and mind to perform at optimal levels by increasing focus, energy, and aggression, which can have adverse effect on their body system.

#### 3. **Delay in Salaries and Wages**

When there is delay in salaries and wages of the athletes or the coaches/teachers by the authority concern, the athletes won't be motivated to perform at optima level

#### 4. **Violence**

This is an unsociable behaviour involving physical force intended to hurt, damage or fight. Violence in sports is also called hooliganism.

#### 5. **Racism**

'Racism in sport is a complex problem. It can include: racism, discrimination, harassment or vilification by players directed at other players; by spectators directed at players; or racist behaviour among rival spectator groups which spill over into disruptions and violence in the stands.

#### 6. **Academic qualifications of athletes**

Athletes with low academic qualification or that knows little or nothing about the game might record low performance in the competitions.

#### 7. **Inadequate preparation :**

This is the case where athletes don't prepare properly for a competition, which could also result in poor performances

#### 8. **Inexperience or unqualified teachers and coaches**

Some PHE teachers are not qualified and well graded to handled physical and health education activities, thereby creating issues for the learners

9. **Child neglect:** is defined is defined as a pattern of failure to provide a child`s basic need to the extent that the child`s health or well-being is damaged or endangered.

10. Poor funding

## WEEK 9

### TOPIC: HEALTH IMPLICATIONS OF HUMAN TRAFFICKING ON VICTIM

#### SUB-TOPIC:- SOLUTION TO HUMAN TRAFFICKING

What is human trafficking?

Human trafficking is defined as the illegal recruitment, transportation, harbouring or receipt of people for the purposes of slavery and forced labour and servitude

Human trafficking denotes exploitation which includes:-

- (a) Sexual exploitation
- (b) Forced labour
- (c) Slavery
- (d) Removal of organ
- (e) Beggars
- (f) Recruitment as child soldiers
- (g) Kidnapping etc.

#### HEALTH IMPLICATION OF HUMAN TRAFFICKING

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. They suffer severe physical abuse | 5. Loss of life           |
| 2. Malnutrition – Malnourishment     | 6. Pain and discomfort    |
| 3. Unwanted pregnancy                | 7. Low self-esteem        |
| 4. Exposure to infectious diseases   | 8. Depression and anxiety |
|                                      | 9. Starvation             |

#### CAUSES OF HUMAN TRAFFICKING

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1. Abject poverty                 | 5. Political instability            |
| 2. Lack of public awareness       | 6. Lack of employment opportunities |
| 3. Lack of access to education    |                                     |
| 4. Domestic violence and violence | 7. Lack of social amenities         |

## **SOLUTIONS TO HUMAN TRAFFICKING**

1. **Education and public enlightenment:-** Human trafficking can be prevented by educating the citizens on the dangers and evils of human trafficking
2. **Poverty alleviation:-** These programmes should be geared towards reducing the desperation that derives some people into the illegal act
3. **TIGHT SECURITY:-** Security at the borders should be tightened to check the activities of human traffickers.
4. **LEGISLATION:-** Government should make tougher laws against human trafficking and agencies
5. **INTERNATIONAL COOPERATION:-** There is need for more cooperation among countries in order to wage war against human trafficking
6. **ESTABLISHMENT OF REHABILITATION CENTRES:-** This will aid their recovery from physical and psychological effects

### **Government Agencies on human trafficking**

1. NAPIP – National agency for prohibition of trafficking in persons and other relation matter
2. EFCC – Economics and financial crime commission
3. NOA – National orientation agency

### **EVALUATION**

1. Define human trafficking
2. State four solutions to human trafficking

### **ASSIGNMENT**

1. Mention the cause of human trafficking
2. Explain four health implication of human trafficking
3. State four government agents on human trafficking and their functions

## **WEEK 10**

### **TOPIC: SPORT LAWS**

Meaning and definition of sport laws: sport law is the body of legal issues at work in the world of both amateur and professional sports. Sport law overlaps substantially with labour law, contract law, competition or anti-trust law, and tort law. Issues like defamation and privacy right are also an integral aspect of sports laws.

### **SOME TERMS UNDER SPORT LAW**

- A. Negligence: This legal concept in the common legal system usually used to achieve compensations for injures (not accident).
- B. Legal liability: it is the legal bound obligation to pay dept or responsible for action done. A person is legally liable when they are financially and legally responsible for action taken.
- C. Torts:-Are wrong doings that are done by one party against another. As a result of the wrong doing, the injured person may take civil action against the other party
- D. Assault in sports: A person commits the offence of assault upon a sports official at an athletic contest in any sport at any level of amateur or professional competition, the person does any of the following:
  - i. Purposely causes bodily injury to the sports officials
  - ii. Negligently cause bodily injury to the sports officials or athletes with a weapon
  - iii. Purposely makes physical contact of an insulting or provoking nature with the sports or athletes.

### **EVALUATION**

1. Explain sports law?
2. List four sports laws and explain two

## **ASSIGNMENT**

State five offences a player can commit in the field of play

**WEEK ELEVEN**

**REVISION**

**WEEK TWELVE**

**EXAMINATION**