

NATIONAL EXAMINATIONS COUNCIL  
(NECO)

BASIC EDUCATION CERTIFICATE  
EXAMINATION  
(BECE)

**SYLLABUS**

FOR CANDIDATES IN UPPER BASIC  
(JSS1-3) IN NIGERIA UNDER THE  
UNIVERSAL BASIC EDUCATION (UBE)  
PROGRAMME.

***BECE***

***SECOND EDITION***

# **PHYSICAL AND HEALTH EDUCATION**

## **DTAILED SYLLABUS**

### **JSS ONE**

#### **1. PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMME**

- a) Meaning of physical fitness
- b) Components of physical fitness
  - I. Health related components
  - II. Performance related components
- c) Characteristics of physically fit person
- d) Importance of physically fit person
- e) Exercises to develop strength, endurance and flexibility
- f) Safety precautions while performing exercise

#### **2. RECREATION, LEISURE AND DANCE ACTIVITIES**

- a) Meaning of recreation, leisure and dance
- b) Differences between dance, leisure and recreation
- c) Benefits of recreation and dance:
  - I. Refreshment of body and mind
  - II. Create room for fun and enjoyment
  - III. Carry over values of skills learnt in physical education classes
  - IV. Promotion of mental alertness, social and emotionally stability

#### **3. ATHLETICS: (Track and field) Group/ Combined Events**

- a) Basic Skills and techniques in the following field events:

(I) shot put

(II) Discuss

- b) Execution of basic skills and techniques in
  - i. Discuss
  - ii. Carriage
  - iii. Stance
  - iv. Throw
  - v. Follow through
- c) Shot put
  - i. Grip

- ii. Stance
- iii. Put
- iv. Follow through
- d) Rules governing discuss and shot put
- e) Safety measures

#### **4. BALL GAMES: SOCCER AND VOLLEY BALL**

- (a) Basic skills and techniques in volleyball and soccer
- (b) Application of the rules and regulations governing soccer and volleyball
- (c) Officials of the games and their functions
- (d) Facilities and equipment
- (e) Values of volley ball and soccer
- (f) Common injuries in volley ball and soccer

#### **5. CONTACT AND NON-CONTACT SPORTS**

- (a) Definition of contact and non-contact sports
- (b) Examples of contact sports
  - I. Wrestling
  - II. Judo
- (c) Examples of non-contact sports
  - I. Gymnastics
  - II. Swimming
- (d) Benefits of contact and non-contact sports
- (e) Basic skills and techniques in contact and non-contact sports,
- (f) Safety measures in contact and non-contact sports

#### **6. PERSONAL, SCHOOL AND COMMUNITY HEALTH**

- a) Determinants of health (Heredity, environment, Lifestyle)
- b) Characteristics of a healthy person
- c) Meaning of sewage and refuse
- d) Methods of sewage disposal
- e) Methods of refuse disposal
- f) Sources of water supply

#### **7. FOOD, NUTRITION AND HEALTH**

- a) Meaning of food
- b) Different types of food
- c) Classes and importance of food nutrients
  - (I) Carbohydrate
  - (II) Protein
  - (III) Fats and oil
  - (IV) Minerals and salts
  - (V) Vitamins
  - (VI) Water
- d) Importance of food
  - (I) Eliminate hunger
  - (II) Provide energy for various physical activities
  - (III) For healthy living, etc.

## **8. PATHOGENS, DISEASES AND PREVENTION**

- a) Diseases caused by pathogens
- b) Disease preventive measures:-
  - i. Adequate nutrition and exercises
  - ii. Clean environment
  - iii. Use of safe water
  - iv. Proper disposal of refuse and sewage
  - v. Seeking and getting treatment in time
  - vi. Good hygiene
  - vii. Immunization
  - viii. Good ventilation
  - ix. Health education
  - x. Vaccination