

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 TWO

1. POSTURE AND POSTURAL DEFECTS

- (a) Meaning of posture and postural defects
- (b) Kinds of posture:- sitting, walking, lifting
- (c) Postural defects:- kyphosis, lordosis, scoliosis, flat feet, bow legs
- (d) Causes of postural defects:
 - I. Poor nutrition
 - II. Lack of exercises
 - III. Poor sitting, walking and sleeping habits

2. ISSUES AND CHALLENGES IN PHYSICAL AND HEALTH EDUCATION

- a) Issues and challenges in physical and health education
- b) Meaning of human trafficking
- c) Health implication of human trafficking on victims
- d) Solution to human trafficking
- e) Sports law

3. RECREATION, LEISURE AND DANCE ACTIVITIES

- a) Indoor and outdoor recreational activities
 - I. Examples of each
 - II. Difference between the two
- b) Demonstration of recreational activities by the teacher for example, table tennis
- c) Explanation and demonstration of dramatic and creative rhythms for example gymnastics and aerobics
- d) Types of dance activities
- e) Demonstration of different dance activities for example bata, mkpokiti/atiliogwu, koroso
- f) Demonstration of how to play computer games
- g) Types of computer games as leisure activities

4. THE STRIKING GAMES (TABLE TENNIS AND TENNIS)

- a) Basic skills and techniques of striking games for example grip, service, drive, chop and smash
- b) Equipment and facilities
- c) Rules and regulations
- d) Officials

5. FIRST AID AND SAFETY EDUCATION

- a) Definition of accidents and injuries
- b) Safety measures:
 - I. At home
 - II. On the playground
 - III. On the road
- c) Sports injuries, causes and first aid treatment
- d) Domestic accident:-
 - I. Causes and first aid treatment
 - II. Road accidents
- e) Measures for preventing:
 - I. Sports injuries
 - II. Domestic injuries
 - III. Road traffic accidents

6. PERSONAL, SCHOOL AND COMMUNITY HEALTH

- a) Meaning and components of school health programme
 - I. Skill based education
 - II. School health services
 - III. Healthful school living/healthful school environment
 - IV. School-home and community relationship
- b) Types of environmental pollution
- c) Effects of pollution on the environment and personal health
- d) Preventive measures against environmental pollution
- e) FRESH approach to school health programme

7. NON-COMMUNICABLE DISEASES AND PREVENTION

- a) Meaning of non-communicable diseases
- b) Nature:
 - i. Sickle cell
 - ii. Obesity
 - iii. Asthma

- iv. Anemia
 - v. Kwashiorkor
- c) Preventive measures