

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

## DETAILED SYLLABUS

### JSS THREE

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

- a) Benefits derived from physical fitness
- b) Factors that influence physical fitness

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

- a) Pre-colonial or folk traditional dances like:
  - i. Atilogwu-Ibo
  - ii. Bata, Agidigbo- (Yoruba)
  - iii. Sharo (Fulani)
  - iv. Langa (Hausa)
- b) Social dances
- c) Foreign and modern, e.g., Reggae, Disco, High life, rumba, classical.
- d) Types of computer games, e.g.,
  - i. Tennis
  - ii. Cricket
  - iii. Soccer
- e) Values of computer games

#### 3. TRACK AND FIELD

- a) Pole vault skills:
  - i. Grip
  - ii. Run-up
  - iii. Pole carrying
  - iv. Take off
  - v. Hang
  - vi. Swing up
  - vii. Pull up and bar clearance
  - viii. Landing
  - ix. Recovery
- b) Basic javelin skills:
  - I. Grip
  - II. Carriage
  - III. Run-up

- IV. Release
- V. Follow through

#### **4. BALL GAMES**

- a) Hockey game
  - (I) Basic skills and techniques, e.g., hit, stop, drive, dribble, pass, flick, push, bully/center pass
  - (II) Rules and safety regulations
  - (III) Officials and their duties
  - (IV) Values of the games
  - (V) Draw and label the hockey stick and pitch

#### **5. GROUP/COMBINED EVENTS**

- a) Classification as:
  - I. Pentathlon
  - II. Decathlon
- b) List of various events under
  - I. Pentathlon
  - II. Decathlon
- c) The duration of the competition of Decathlon and Pentathlon
- d) Scoring the events
- e) Facilities and equipments
- f) Rules and regulations
- g) Officiating
- h) Safety rules

#### **6. NIGERIA SPORTS HEROES**

- (a) Career guidance in physical education
- (b) Past and present sports heroes and their contributions in Nigeria
- (c) Professionals in physical and health education in Nigeria

#### **7. CONTACT GAMES**

- (a) Taekwando and basic techniques
- (b) Importance of taekwando
- (c) Safety rules, regulations and officiating in taekwando,
- (d) Boxing and basic techniques
- (e) Safety rules, regulations and officiating in boxing

#### **8. NON-CONTACT GAMES**

- (a) Swimming:-

- (I) Basic swimming styles (crawl, breast stroke, back stroke, butterfly, etc)
- (II) Swimming skills,
- (III) Swimming equipment
- (b) Gymnastics:- e.g., stunts and tumbling
- (c) Floor activities:
  - (I) Classification of floor activities
  - (II) Values of floor activities
- (d) Officials and their duties
- (e) Safety rules for non-contact games

## **9. PERSONAL, SCHOOL AND COMMUNITY HEALTH I**

- (a) Family life education:-
  - (I) Meaning and types of families
  - (II) Duties of the members of the family
- (b) Puberty in boys and girls
- (c) Teenage pregnancy and its consequences
- (d) Assertiveness and communication skills
- (e) Career guidance
- (f) Sport promotion agencies and bodies in Nigeria
  - I. Sports association
  - II. NAPER. SD
  - III. Nigeria Institute of sports

## **10. PERSONAL, SCHOOL AND COMMUNITY HEALTH II**

- (a) Agencies/Organizations promoting health education in Nigeria e.g., NGOS, Ministry of Health, NAFDAC, WHO, etc.
- (b) Personal Health:- Description of ageing, death.
- (c) Life enhancing measures against ageing, e.g., exercise, nutrition, rest and sleep.
- (d) Supporting dying, grieving and ageing persons
- (e) Meaning of drug use, misuse and abuse
- (f) Categories of drugs
  - (I) Prescription of drugs/medicine
  - (II) Non-prescription of drugs/medicine
  - (III) Gateway drug
  - (IV) Health consequences of drug misuse and abuse

- (V) Ways of preventing drug misuse and abuse among young people
- (g) Health consequences of drug misuse and abuse
- (h) Ways of preventing drug misuse and abuse among young people

## **11. PATHOGENS, DISEASES AND THEIR PREVENTION**

- (a) Nature of communicable diseases:-
  - I. Measles
  - II. Mumps, etc
- (b) Mode of transmission of the diseases
- (c) Factors and causative agents
- (d) Prevention and management of non-communicable diseases
  - (I) Sickle cell
  - (II) Obesity and kwashiorkor

## **12. FAMILY HEALTH**

- (a) Types of diseases and modes of transfer
- (b) Disease vectors
- (c) Types of disease vectors
- (d) Lifecycle of the mosquito and other vectors
- (e) Control measures
- (f) Diseases/transmission
- (g) STIs, HIV/AIDs
- (h) Consequences of contracting disease, on individual, family and society.
- (i) Disease prevention
  - (I) Sanitation
  - (II) Education
  - (III) Immunization
  - (IV) Choice of life partner