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## **NATIONAL EXAMINATIONS COUNCIL**

*2023 BASIC EDUCATION CERTIFICATE EXAMINATION*

**B8301 & B8302**  
**BASIC SCIENCE**  
**AND TECHNOLOGY**

**2 hours**

**I&II**

Please do not open this question booklet until you are told to do so.  
While waiting, read the following instructions carefully.

There are **two** papers of **sixty (60) multiple-choice** questions each. **Paper I** which is Basic Science and Physical and Health Education will last for **1 hour** after which the OMR Sheet will be collected. **Paper II** which is Basic Technology and Computer Studies will also last for **1 hour**.

### **PAPER I** **BASIC SCIENCE & PHYSICAL AND HEALTH EDUCATION**

**Time Allowed: 1 hour**

#### **INSTRUCTIONS TO CANDIDATES**

1. Answer **all** questions,
2. Use **HB pencil** only.
3. Write your **Name** and **School Name** on the answer sheet provided. Also, write and shade appropriately your **Registration Number** in the spaces provided.
4. Answer each question by shading the box that corresponds to the option you have chosen.
5. Do **not** waste time on any question. If you find any difficult, go to the others and finish them before you come back to the difficult one(s).
6. There must **not** be more than one shading for an answer. Any answer with shading of more than one box will be marked wrong.
7. If you change your mind about an answer, completely erase the first shading.
8. Do **not** start until the Supervisor tells you to do so.

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**Turn Over.**

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## PHYSICAL AND HEALTH EDUCATION

31. The following are objectives of Physical Education **except**
- A. development of international friendly matches.
  - B. development of skills.
  - C. exposure of athletes to intellectual environment.
  - D. provision of life career.
  - E. provision of opportunity for physical development.
32. Which of the following activities can be recommended for an elderly person?
- A. Camping
  - B. Cycling
  - C. Running
  - D. Swimming
  - E. Walking
33. Who is the father of modern Olympic games?
- A. Captain Clia
  - B. Frederick Ludwing Jahn
  - C. James Naismith
  - D. Johann Basedow
  - E. Pierre de Coubertin
34. Insufficient warm up activities may lead to
- A. anaemia.
  - B. convulsion.
  - C. nausea.
  - D. scurvy.
  - E.. strain.
35. The ability of a group of muscles to sustain contraction over a period of time is
- A. agility.
  - B. balance.
  - C. endurance.
  - D. flexibility.
  - E. strength.
36. The physical fitness component required in sprint is
- A. accuracy.
  - B. balance.
  - C. coordination.
  - D. flexibility.
  - E. speed.
37. An example of a tumbling exercise is
- A. crab walk.
  - B. duck fight.
  - C. forward roll.
  - D. frog jump.
  - E. sit up.
38. The expressive movement of the body to conform with rhythm of sound is
- A. dancing.
  - B. galloping.
  - C. skipping.
  - D. sporting.
  - E. swinging.

39. Which of the following is a partnership activity?
- A. Duck fight
  - B. Elbow balance
  - C. Frog jump
  - D. Press up
  - E. Push up
40. An example of an indoor activity is
- A. camping.
  - B. cricket.
  - C. hiking.
  - D. scrabble.
  - E. surfing.
41. An injury that occurs as a result of over-stretching of the ligament of joint is
- A. abrasion.
  - B. dislocation.
  - C. fracture.
  - D. sprain.
  - E. strain.
42. Which of the following is a style in swimming?
- A. Breast stroke
  - B. Eastern cut off
  - C. Forward roll
  - D. Rowing
  - E. Spiking
43. A place where two or more bones meet in the body is a
- A. joint.
  - B. ligament.
  - C. limbs.
  - D. tendon.
  - E. trunk.
44. Which of the following is a stunt activity?
- A. Astride vault
  - B. Backward roll
  - C. Hand stand
  - D. Neck spring
  - E. Thief vault
45. Which of the following is a box activity in gymnastics?
- A. Elbow balance
  - B. Forward roll
  - C. Handstand
  - D. Headstand
  - E. Through vault
46. Spiking is a fundamental skill in
- A. basketball.
  - B. football.
  - C. handball.
  - D. hockey.
  - E. volleyball.

47. In a game of tennis, when the ball land outside the service area it is a/an \_\_\_\_\_ service.
- A. bad
  - B. double
  - C. faulty
  - D. offensive
  - E. good
48. For a service to be valid in the game of tennis, the ball must touch the \_\_\_\_\_ opponents.
- A. back court.
  - B. base line.
  - C. centre line.
  - D. service area.
  - E. side area.
49. Which of the following is a skill in the game of football?
- A. Dribbling
  - B. Flick
  - C. Grip
  - D. Scoop
  - E. Hitting
50. How many players make a team in a handball game?
- A. 3
  - B. 5
  - C. 7
  - D. 9
  - E. 11
51. Which of the following is an equipment in swimming?
- A. Baton
  - B. Floats
  - C. Gloves
  - D. Pool
  - E. Racket
52. The bones at a joint are held together by \_\_\_\_\_
- A. cartilage.
  - B. fibre.
  - C. ligament.
  - D. muscle.
  - E. tendon.
53. The ability of the body to maintain its equilibrium is \_\_\_\_\_
- A. agility.
  - B. balance.
  - C. endurance.
  - D. flexibility.
  - E. strength.
54. The physical fitness component that allows free movement at the joint is \_\_\_\_\_
- A. agility.
  - B. balance.
  - C. flexibility.
  - D. power.
  - E. speed.

55. Which of the following is not a rule in discus throw?
- A. Each competitor is awarded the best of his trial
  - B. Measurement is taken from outside the sector
  - C. The competitors are, allowed 3 or 5 trials
  - D. The discus is thrown from the sector
  - E. The order of trial is decided by drawing of lots.
56. The postural deformity leading to bending of lumbar spine beyond normal level is
- A. flat foot.
  - B. knock knee.
  - C. kyphosis.
  - D. lordosis.
  - E. scoliosis.
57. Repairs of worn out tissues and building of white blood cells is the function of
- A. carbohydrate.
  - B. fats and oil.
  - C. mineral salt
  - D. protein.
  - E. water.
58. How many hurdles does an athlete run over in a 110 m race?
- A. 10
  - B. 11
  - C. 12
  - D. 13
  - E. 14
59. The following are responsibilities of government in school physical education programme **except**
- A. encouraging schools to release students for sports.
  - B. providing financial aid to school physical education programme.
  - C. provision of sports facilities and equipment.
  - D. punishing principals whose school participates in sports,
  - E. training of physical education teachers.
60. Which of the following personnel can be recommended as a school games master?
- A. Examination officer
  - B. Head teacher
  - C. Health education teacher
  - D. House master
  - E. Vice principal academics

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**BASIC SCIENCE AND PHYSICAL AND HEALTH EDUCATION  
PAPER I 2023**

1.D	7.B	13.A	19.B	25.E	31.A	37.C	43.A	49.A	55.C
2.E	8.C	14.C	20.A	26.A	32.E	38.A	44.B	50.C	56.C
3.A	9.D	15.C	21.B	27.D	33.E	39.A	45.E	51.B	57.D
4.D	10A	16.B	22.A	28.B	34.E	40.D	46.E	52C	58.A
5.E	11.C	17.E	23.B	29.A	35.C	41.D	47.C	53.B	59.D
6.A	12.A	18.B	24.E	30.E	36.E	42.A	48.A	54.C	60.C

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