

JC BEST INTERNATIONAL SCHOOLS

BASIC 9 FIRST TERM LESSON NOTE

WEEK ONE

TOPIC: FAMILY

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define family
2. List the types of family
3. List the duties of members of the family

The term family can be defined as a group of people closely related by blood or adoption and share common kin. It is a social unit of individuals who live together and share a common tie. The family is the first agent of socialization of a child and plays an important role in instilling good morals in the life of the child.

TYPES OF FAMILY

1. **Nuclear family:** This is the most common type of family which consists of the father, mother and their children. It is a traditional type of family.
2. **Extended family:** This is a family structure which consists of many relatives living together and working towards achieving a common goal. It includes parents, children, cousins, aunts, uncles, grandparents etc.
3. **Single parent family:** It is a type of family which consists of a parent raising one or more children alone. It can be a mother with her children or a father and his children.

TYPES ASSOCIATED WITH FAMILY

1. **Monogamy:** It is a practice of marrying a wife. It leads to a nuclear family system.
2. **Polygamy:** It is a practice of marrying more than one wife at a time. It leads to an extended family system.
3. **Polyandry:** It is a system where a woman is married to more than one man at a time.
4. **Kinship:** It refers to a group of people who share a common lineage or ancestral tie.
5. **Incest:** It is a sexual activity between closely related persons who share a common lineage. It also involves unlawful carnal knowledge of a family relative.

DUTIES OF MEMBERS OF THE FAMILY

Duties of members of the family are roles or responsibilities performed by each member of a family towards achieving a common goal. For harmonization of a family, it is important that members understand the specific role and responsibility required of them.

DUTIES OF THE FATHER

1. The father is the head of the family
2. Provides for the family especially the basic necessities of life (food, clothing and shelter)
3. He loves the wife unconditionally
4. The father provides adequate protection for members of the family
5. He also provides mental and emotional support for members of the family

DUTIES OF THE MOTHER

1. The mother assists the father in nurturing and raising the children
2. She ensures the welfare of members of the family
3. She prepares the meals and cares for the home
4. She loves the husband and the children
5. The mother also teaches the children good morals and values
6. She also assists the father in providing for the family

DUTIES OF THE CHILDREN

1. They obey their parents
2. They assist in performing household chores
3. The children are to live up to the family's expectations
4. They are also expected to support and show appreciation to their parents
5. They should be good ambassadors of the family

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WEEK TWO

TOPIC: PUBERTY

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define puberty
2. State the changes in boys and girls

Puberty is the name for the time when your body begins to develop and change as you move from childhood to adulthood. Puberty is a time in life when a boy or girl becomes mature. This process usually happens between 10-14 for girls and age 12-16 for boys. It causes physical changes and affects boys and girls differently.

CHANGES THAT OCCUR IN BOYS

When the body reaches a certain age for the boys, the brain releases a hormone into the pituitary gland. The gland then releases two puberty hormones called the luteinizing hormone (LH) and the follicle stimulating hormone (FSH). These hormones work on the body depending on whether you are a boy or girl.

The luteinizing hormone works on the testes of boys which begins the production of testosterone and sperm. Testosterone is the hormone that causes the most changes in boys during puberty.

CHANGES IN BOYS

1. Broadening of the shoulders
2. Widening of the chest
3. Cracking of the voice
4. Muscular growth
5. Enlargement of the penis and testes
6. Involuntary sexual feelings
7. Increase in height and weight
8. Growth of pubic hair (under the arm, genital area, facial area)

9. Presence of acne

CHANGES THAT OCCUR IN GIRLS

The follicle stimulating hormone (FSH) work on the ovaries of the girls to begin the production of the estrogen. It is the hormone that causes most changes in girls.

CHANGES IN GIRLS

1. Development of breasts
2. Body begins to take proper shape through the widening of the waist
3. Increase in height and weight
4. Development of a pitch voice
5. Growth of pubic hair under the arms and genital area
6. Presence of acne

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WEEK THREE

TOPIC: CAREERS AND BRANCHES OF PHE

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define career
2. List the branches of PHE

A career is a job an individual is trained to do. It requires the acquisition of skills in order to be a specialist in a field of endeavor. Careers in Physical and Health Education are jobs that are obtainable with the knowledge of Human Kinetics and Health Education.

Examples of some careers in PHE include;

1. Teaching
2. Coaching
3. Sport medicine
4. Sport nutritionist
5. Sport psychology
6. Kinesiologist
7. Physical therapy
8. Athlete trainer
9. Fitness trainer
10. Sport manager etc

BRANCHES OF PHE

Physical and Health Education comprises of different branches which covers the vast majority of sport, games and health. These branches make the knowledge of physical and health education very broad. The following are branches of Physical and Health Education:

1. **Physical Education:** it deals with the development of the body through a range of activities
2. **Health Education:** it deals with the aspect of individual's health and well-being

3. **Aquatics:** these involves sports that are done in water
4. **Athletics:** these are track and field events
5. **Nutrition:** it is the dieting for sports men and women which improves their body and enhances performance
6. **Gymnastics:** this involves the rhythmic movement of the body which develops the body physically
7. **Martial arts:** it is a combat sport which involves self defense
8. **Community sanitation:** it is a public health which deals with cleaning the environment
9. **Sports and games:** it is a branch of PHE that involves sport and games like football, basketball, tennis, swimming etc.

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WEEK FOUR

TOPIC: SPORT PROMOTION AGENCIES

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define sport promotion agencies
2. List sport promotion agencies

Sport promotion agencies are associations or organizations responsible for overseeing sports and games. It could be international or local. The revenue generated in the global sporting world is enormous and amount to billions of dollars. This is the reason why sports in a lucrative venture and can also be a means of livelihood.

Most revenue generated in sports is mainly through franchise, sponsorship and deals. Athletes around the globe could get money from deals and sponsorships. Some examples of sport promotion agencies in the world include;

1. **FIFA:** Federation of International Football Association
2. **FIBA:** Federation of International Basketball Association
3. **IOC:** International Olympic Committee
4. **IHF:** International Hockey Federation
5. **IAAF:** International Association of Athletics Federation
6. **IRF:** International Rugby Federation

The Federation de Internationale de Football Association (FIFA) is the world governing body of football founded in May 1904 (118 years ago). It has 211 members. The president of FIFA is Gionni Infantino. The subsidiaries of FIFA include;

1. **CAF:** Confederation of African Football
2. **UEFA:** Union of European Football Association
3. **CONMEBOL:** South American Football Confederation
4. **CONCACAF:** The Confederation of North Central America and Caribbean Association Football
5. **AFC:** Asian Football Confederation
6. **OFC:** Oceania Football Confederation

FIFA is responsible for the organization and promotion of football around the world notably the world cup which commenced in 1930 and the Women World Cup in 1991.

All FIFA tournaments generate revenue from sponsorship. In 2018 FIFA World Cup, FIFA generated over \$4.6 billions in revenue. The FIFA World Cup is held every 4 years.

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WEEK FIVE

TOPIC: DRUG USE, MISUSE AND ABUSE

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define drug use, misuse and abuse
2. List some commonly abused drug in sports

Drug use can be defined as the use of any drug to achieve a purpose. It could be pharmaceutical drug, recreational drug, self-medication drug, substance abuse, performance enhancing drugs.

Drug misuse refers to the use of drug or substance for a purpose that is not inline with medical guidelines (World Health Organization). It has negative impact and can lead to drug dependence.

Drug abuse can be defined as the illegal or illicit use of drug without control.

SOME COMMONLY ABUSED DRUGS IN SPORTS

1. **Anabolic steroids:** Athletes use anabolic steroids to increase muscles size, increase workout time and recover quickly.
2. **Androstenedione:** It is commonly called “Andro” and it is a prescription drug that athletes use illegally in order to train harder and recover quickly from injuries.
3. **Human Growth Hormone (HGH):** It is an injectable drug used to increase muscles and performance. It is usually sold illegally
4. **Diuretics:** It is a drug that reduces body weight and can also be used to erase traces of drug in the body. It is common among boxers and wrestlers.
5. **Erythropoietin (Erythrocytes):** It increases the production of the red blood cells and oxygen delivery to the muscles. Therefore, increasing stamina and endurance level.

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WEEK SIX

TOPIC: DISEASE

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define disease and disease vector
2. List some common disease vectors

A disease is an abnormal condition of the body caused by pathogens. When a pathogen enters the body, it prevents the body from functioning properly. Bacteria, nematodes, virus, fungi etc, are examples of pathogens.

A disease vector is a living organism that can transmit diseases. Many of these vectors are blood sucking insects and they transmit infectious disease. According to the World Health Organization about 17% of the cases of communicable diseases are caused by disease vectors.

EXAMPLES OF DISEASE VECTORS

S/N	DISEASE VECTOR	MODE OF TRANSMISSION	DISEASE	SIGNS AND SYMPTOMS
1	Mosquitoes	Biting and sucking	malaria	Fever, headache
I	Female anopheles	Biting and sucking	Malaria. filariasis	Fever, headache, body weakness, jaundice
li	culex	Biting and sucking	Lymphatic filariasis	Jaundice, fever

lii	Aedes	Biting and sucking	Yellow fever, dengue, acute dengue, chikungunya	Jaundice, high fever, diarrhea, nervous disorder
2	Ticks	biting	Hemorrhagic fever, rickets	Rashes, blemishes, mild fever
3	Tse-tse fly	Biting	Trypanosomiasis (sleeping sickness)	Fever, regular sleep
4	Fleas	Contaminated food	Plague, rickettsiosis	Rashes, diarrhea
5	Black fly	Biting	Onchocerciasis	Visual impairment
6	Aquatic snails	Ingestion	Schistosomiasis (parasitic worms), diarrhea	Blood stool, amoebic dysentery
7	Lice	Biting	Typhus, louse-borne fever	Itching, mild fever and rashes

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WEEK SEVEN

TOPIC: SEXUALLY TRANSMITTED DISEASES (STD'S)

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define STD'S
2. List some common STD'S
3. State the consequences and prevention of HIV/AIDS

The term sexually transmitted disease (STD'S) are diseases that can be transferred or passed from person to person during sexual intercourse. It can also be contracted by having unprotected sex. Sexually transmitted diseases are also known as sexually transmitted infections or venerable disease.

TYPES OF STD'S

1. Chlamydia
2. Human Papilloma Virus (HPV)
3. Syphilis
4. Human Immuno Deficiency Virus
5. Gonorrhea
6. Pubic lice
7. Herpes Simplex Virus (HSV)

COMMON SYMPTOMS OF STD'S

1. Painful urination
2. Lower abdominal pain
3. Vagina or penis discharge
4. Anal itching
5. Strong vaginal odor
6. Mild fever
7. Rash
8. Diarrhea

Human Immuno Deficiency Virus (HIV)

Human Immuno deficiency virus also known as HIV is a sexually transmitted disease. The virus attacks the immune system of the body. The immune system helps the body to fight off infection.

If HIV is left untreated, a person's immune system will get weaker and weaker until it can no longer fight off infections and diseases. Therefore, leading to a condition known as Acquired Immune Deficiency Syndrome (AIDS).

SPREAD OF HIV

1. Sharing of sharp, cutting and piercing objects
2. Unprotected sexual intercourse
3. Having numerous sexual partners
4. Blood transfusion
5. Mother to child: through breast feeding

CONSEQUENCES OF HIV

1. Stigmatization
2. Death
3. Under population
4. Separation of homes

PREVENTION OF HIV

1. Public enlightenment
2. Proper screening of blood before transfusion
3. Regular test and check up
4. Abstinance
5. Establishment of HIV clubs in schools

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WEEK EIGHT

TOPIC: DRUG CONTROL AGENCIES

SPECIFIC OBJECTIVE: At the end of the lesson, I should be able to:

1. Define drug control agencies
2. List drug control agencies in Nigeria
3. List drug control agencies in Sports

Drug control agencies are the agencies or organizations responsible for regulating and controlling drugs or other regulated products.

These drug agencies provide enabling laws, investigate, coordinate, arrest and prosecute drug offenders within the country.

DRUG CONTROL AGENCIES IN NIGERIA

The following are drug control agencies in Nigeria;

1. National Agency for Food and Drug Administration and Control (NAFDAC). It was established in 1993.
2. Standard Organization of Nigeria (SON). It was established in 1970.
3. National Drug Law Enforcement Agency (NDLEA). It was established in 1990.
4. Pharmacist Council of Nigeria (PCN)
5. Consumer Protection Council of Nigeria (CPC)
6. National Institute of Pharmaceutical Research and Development (NIPRD).

DRUG CONTROL AGENCIES IN SPORTS

Drug control agencies in sports are agencies responsible for regulating the use of drugs by athletes to enhance performance.

Anti – doping agencies are established in every country to control the use of drugs by athletes in the country. Examples include;

1. World Anti-Doping Agency (WADA)
2. International Olympic Committee (IOC)
3. Nigeria National Anti-Doping Committee (NINAC)