

HELMET
PHYSICAL GEOGRAPHY WORKBOOK
(VOLUME ONE)

BY
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ABOUT THE WORK BOOK

After every lesson or topic, information should be collected from students in order to know whether the set objectives were achieved and to determine the academic changes in a learner. This is done through the assessment and evaluation of students after a lesson or topic (Amoakohene, 2003).

HELMET PHYSICAL GEOGRAPHY WORKBOOK (VOLUME ONE) is a “*learn as you answer*” physical geography workbook which has come to serve as an aid to the appropriate physical geography textbooks and other resources by teachers to help assess learners and boost learners performance in physical geography. It is made up of over hundred (100) questions based on all the first year as well as some second year physical geography topics outlined in the Ghana Education Service and the West African Examination Council Syllabus on Geography for Senior High School. This workbook is designed for all senior high school students in West Africa. The questions in this workbook are set systematically based on each topic completed. This workbook is a good tool in enhancing proper assessment and preparation of students towards examination and this can be achieved by completing the various exercises in it and well discussing the exercises after they have been completed. Teachers can give the questions in this workbook to students as class exercises or assignments and can apportion marks to the questions based on their own discretion.

This workbook will help students to know, comprehend, apply and analyze the various topics in first year physical geography and will help teachers to know the level of performance of learners in physical geography during the first year of the learner.

ACKNOWLEDGEMENT

First and foremost, I thank the almighty God for his protection and guidance throughout these years. It is by His might that this piece of work has come to reality.

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SOLAR SYSTEM

1. Define Solar System

.....

.....

.....

.....

2. Complete the table below;

PLANET	ROTATION	REVOLUTION	NUMBER OF MOONS/ SATELLITES	NUMBER OF RINGS
Mercury	None
Venus	None
Earth	365¼ days	None
Mars	24.5 hours
Jupiter
Saturn
Uranus	84 years
Neptune	16 hours

3. A sizeable solid object orbiting a star and it may itself travel with a moon or many moons is known as.....

4. I am located at the middle of the solar system and I also serve as a source of heat and light to the planets. What am I?.....

5. List three (3) heavenly bodies that also revolve round the sun aside the planets.

a.

.....

b.

.....

c.

.....

6. Explain the reason why Mercury is considered to be the hottest planet while Pluto is the coldest planet?

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7. Why is Venus considered as the ‘Earth’s Twin’?

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8. Why is Mars also called the ‘Red Planet’?

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9. Why does Uranus appears ‘blue’ when viewed from the Earth?

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10. Why is Earth considered as the only planet that supports man's life?

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THE PLANET EARTH IN SPACE

1. The Earth is spherical in shape. What is the name of the shape of the Earth?.....

2. State four (4) evidences that show that the Earth is spherical in shape.

- a.
.....
.....
- b.
.....
.....
- c.
.....
.....
- d.
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3. Differentiate between the following:

a. Rotation and Revolution

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.....
.....
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b. Latitude and Longitude

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c. Solstice and Equinox

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d. Twilight and Dawn

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4. State three (3) effects of the Earth's rotation.

a.
.....

b.
.....

c.
.....

5. Outline three (3) effects of the Earth's revolution.

a.
.....

b.
.....

c.
.....

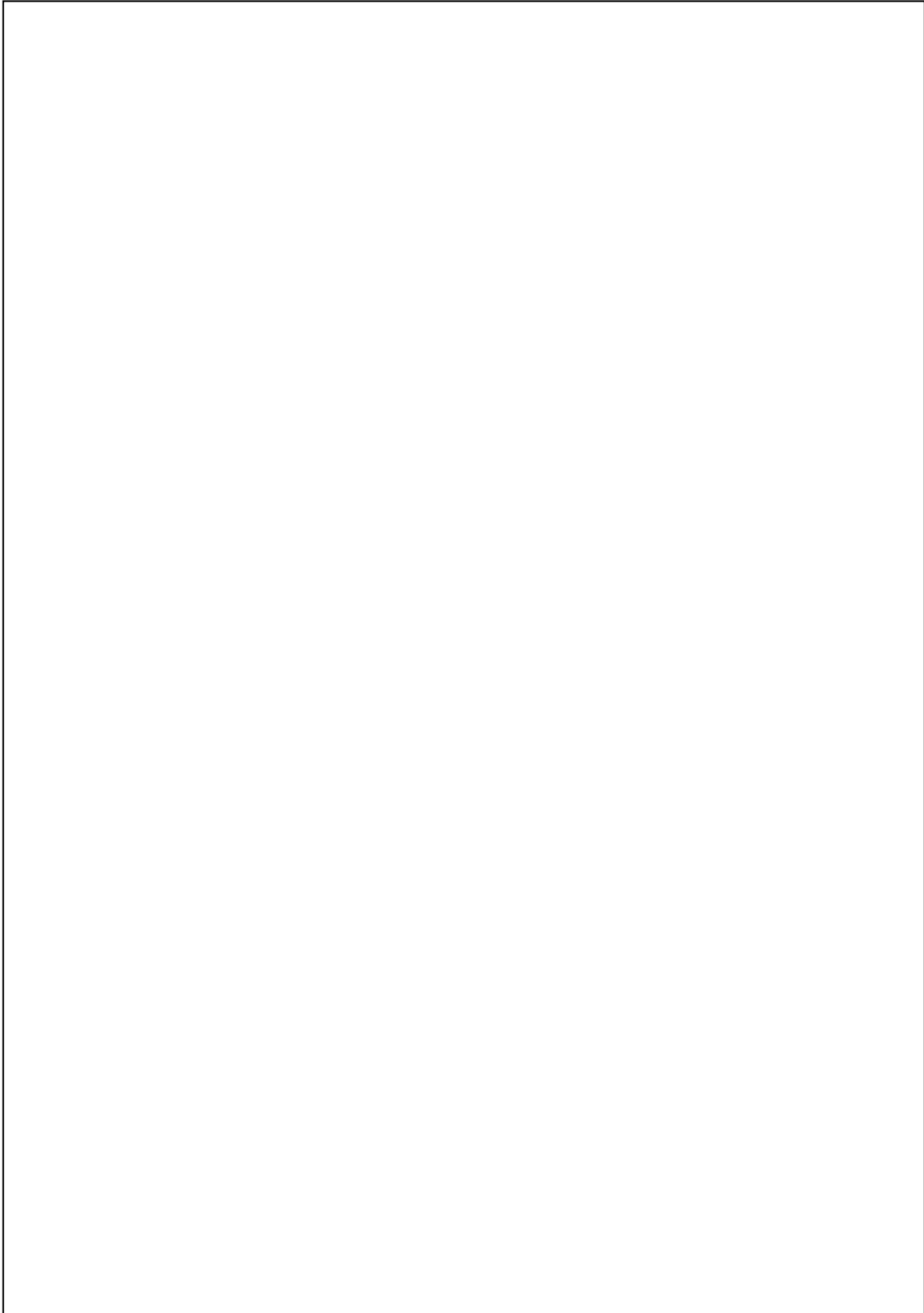
6. Give four (4) characteristics of latitudes.

- a.
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.....
- b.
.....
.....
- c.
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.....
- d.
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7. List four (4) characteristics of longitudes.

- a.
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.....
- b.
.....
.....
- c.
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.....
- d.
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8. Dhaka is located at 90° east longitude and Bangalore is situated at 80° East longitude. If the local time of Dhaka is 12 noon what is the local time in Bangalore then?



9. Sadid reached in Dhaka Airport on 14th March Friday for flying to London. Their plane flew for London at 11 pm. When the plane landed in Heathrow Airport, Sadid found it was 1 am Saturday at the airport clock. But the watch he wore in his wrist showed him 7 am Saturday.

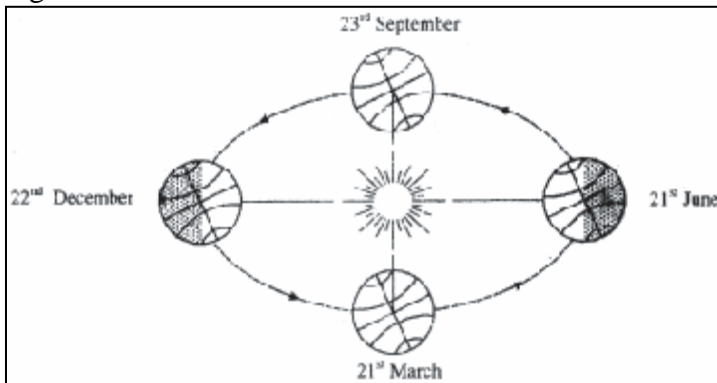
a. What is the cause of the difference of time?

.....

b. Explain what is the importance of Prime Meridian?

.....

10. Figure A



Describe Figure A?

.....

.....
.....

THE STRUCTURE OF THE EARTH

1. is the outer layer of the earth. It is made up of and
2. The mass of solid rock that forms the continents or landmass which is made up of silica and alumina is known as
3. forms the floor of the oceans and it is made up of igneous materials which are very hot and heavier consisting of silica and magnesium.
4. The boundary that separates the mantle from the crust is known as
5. Which part of the earth's structure is also known as the mesosphere?.....
6. Is the layer of the earth's structure which is made up of Nickel and Iron hence sometimes known as

7. Define the following;

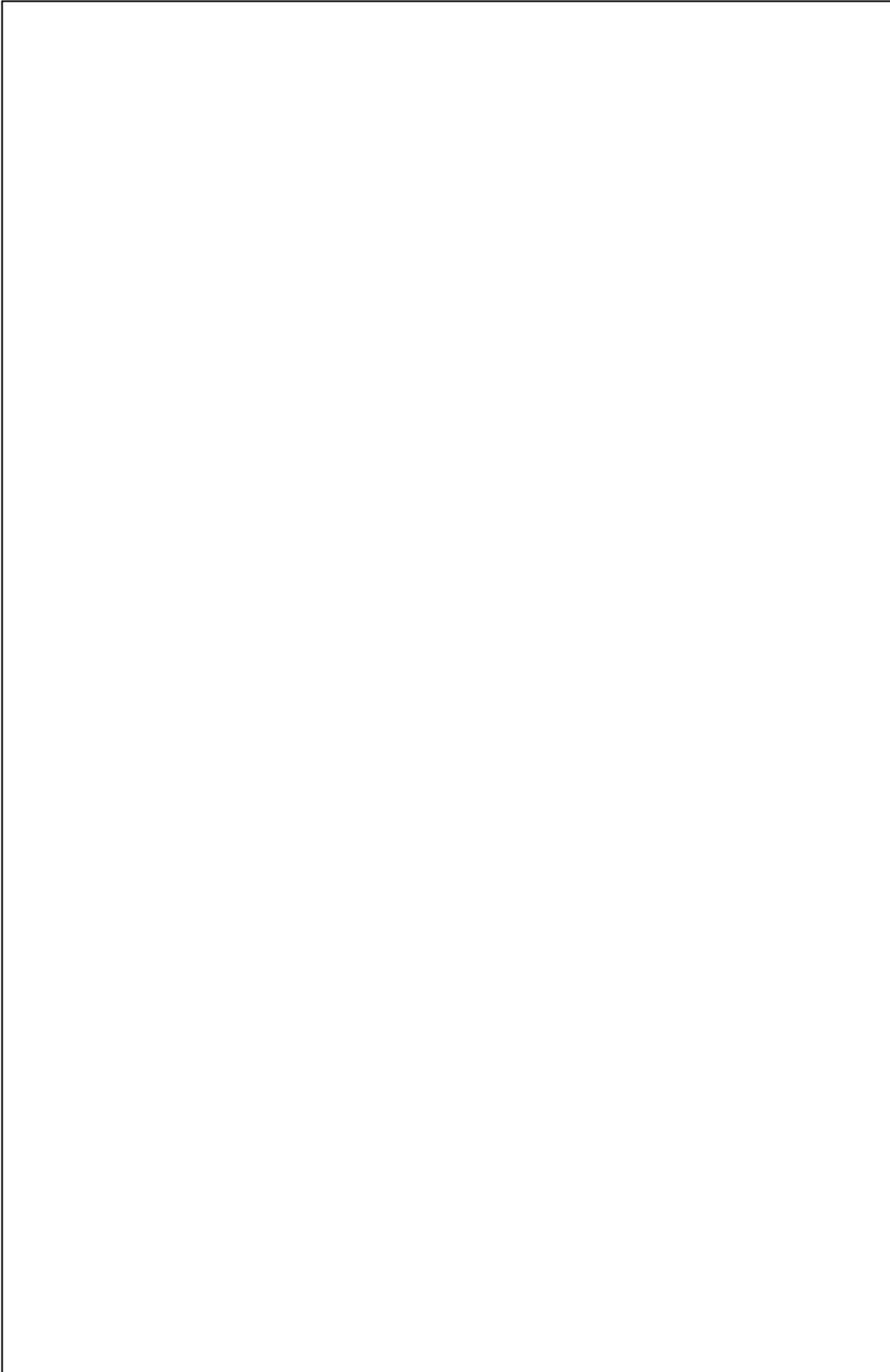
a. Atmosphere

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.....

b. Hydrosphere

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8. Draw and label the structure of the Earth.



ROCKS AND MINERALS (IGNEOUS ROCK)

1. What is Rock?

.....
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.....
.....
.....

2. State four (4) criteria for the classification of rocks.

a.
.....

b.
.....
.....

c.
.....
.....

d.
.....
.....

3. The term “Igneous” originated from the Latin word which means

.....

4. Define Igneous Rock?

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.....
.....
.....
.....

5. Give four (4) characteristics of Igneous Rocks.

a.
.....
.....

- b.
.....
.....
- c.
.....
.....
- d.
.....
.....

6. Igneous rocks may be classified using two major criteria and these are

- a.
.....
.....
- b.
.....
.....

7. Differentiate between the following;

- a. Intrusive and Extrusive Rocks
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.....
.....
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.....
.....
- b. Plutonic and Hypabyssal Rocks
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.....
.....
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8. The silica content in magma which forms the igneous rocks determines the subdivision of Igneous rocks into four (4) major classes and these are;

- a.
.....
.....

- b.
.....
.....
- c.
.....
.....
- d.
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9. Describe the mode of formation of Igneous Rocks?

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ROCKS AND MINERALS (SEDIMENTARY ROCK)

1. The term ‘sedimentary’ originated from the Latin word..... which means
.....

2. Define Sedimentary Rock

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.....

3. State four (4) characteristics of sedimentary rock.

a.
.....
.....

b.
.....
.....

c.
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.....

d.
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4. Describe Mechanically Formed Sedimentary Rocks.

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5. Explain Organically Formed Sedimentary Rocks.

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6. Write short geographic notes on Chemically Formed Sedimentary Rocks.

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Fill in the blank spaces with any of these options that suits the preambles below;
Arenaceous Rock, Argillaceous Rock, Rudaceous Rock.

7. ‘I am formed through the accumulation and cementation of coarse materials such as gravels, pebbles, stones and boulders. I am called conglomerates when the pebbles that formed me are rounded but when the pebbles that formed me are angular, I am called breccia’. What am I?

8. ‘I am formed when sandy inorganic materials accumulates and cements. I am called sandstone when the sandy grains that formed me are rounded but I am also called grit when the sandy grains that formed me angular’. What am I?
.....

9. ‘I am formed through the accumulation and cementation of minute or very fine particles and I contain a lot of clay minerals. I am usually called mudstone, clay, shale or siltstone’. What am I?

10. Differentiate between Calcareous Rocks and Carbonaceous Rocks.
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11. Give three (3) importance of sedimentary rocks.

- a.
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- b.
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- c.
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c. Regional Metamorphism

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d. Metasomatic Metamorphism

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.....
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5. Give four (4) importances of metamorphic rocks.

a.
.....

b.
.....

c.
.....

d.

6. A partially or fully metamorphosed rock that has undergone further metamorphism is known as

7. Differentiate between Foliated Metamorphic Rocks and Non-foliated Metamorphic Rocks.

.....

8. Complete the table below

METAMORPHIC ROCK	PARENT ROCK	TYPE OF PARENT ROCK (Igneous or Sedimentary rock)	TYPE OF METAMORPHIC ROCK (Foliated or Non-foliated)
Slate	Clay
Marble	Limestone
Schist	Shale
Quartzite	Quartz Sandstone
Gneiss	Granite
Graphite	Coal

9. Describe Rock Cycle.

.....

.....
.....

10. Give five (5) economic importance of rocks to man.

a.
.....
.....
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b.
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.....
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c.
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d.
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.....
.....

e.
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THE COMPOSITION AND STRUCTURE OF THE ATMOSPHERE

1. Define the Earth's Atmosphere.

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.....
.....
.....

2. Fill in the blank spaces with the appropriate gases
The earth is made up of 78%....., 21%.....,
0.03%..... and 1%..... In addition to these gases, there
are significant quantities of,,
....., and

3. It lies above the stratosphere and it extends from the stratopause which is about 47km high to its upper limit which is about 82km over the poles. Temperature decreases with altitude till a minimum of -90°C is reached in this layer and pressure is very low. What layer of the atmosphere is this?.....

4. This layer extends up to about 966km above the poles beyond which the earth's atmosphere merges with that of the sun. Air is absent in this layer and pressure is virtually nill. What layer of the atmosphere is this?.....

5. It lies above the troposphere and it extends from the tropopause which is about 10km to its upper limit which is about 47km over the poles. This layer houses the ozone and in this layer, temperature increases with height. Pressure is low in this layer. What layer of the atmosphere is this?.....

6. Write short geographic notes on the following;

- a. Thermosphere

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b. Troposphere

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7. absorbs the ultra-violet rays coming from the sun and prevents it from reaching the earth's surface to cause damage to living tissues in human beings.

8. List the layers of the atmosphere that make up the

a. Homosphere

.....
.....
.....
.....
.....

b. Heterosphere

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.....
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.....
.....

9. Give four (4) importance of the atmosphere

a.
.....
.....
.....

b.
.....
.....
.....

c.
.....

d.

10. Give four (4) human activities that negatively affect the atmosphere

a.

b.

c.

d.

ELEMENTS OF WEATHER AND CLIMATE

1. The science of the study of weather is referred to as while the science of the study of climate is referred to as

2. Differentiate between weather and climate
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.....
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3. Define Temperature
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4. The instrument used in measuring temperature is known as

5. is an instrument used to measure the maximum temperature for the day and its filled with mercury.

6. The instrument used to measure the minimum temperature for the day which is filled with alcohol is known as

7. Lines drawn on maps joining places with equal temperature are known as

8. Use the table below to answer the questions below

Months	J	F	M	A	M	J	J	A	S	O	N	D
Temperature (°C)	7	8	11	18	22	22	24	24	21	7	12	8

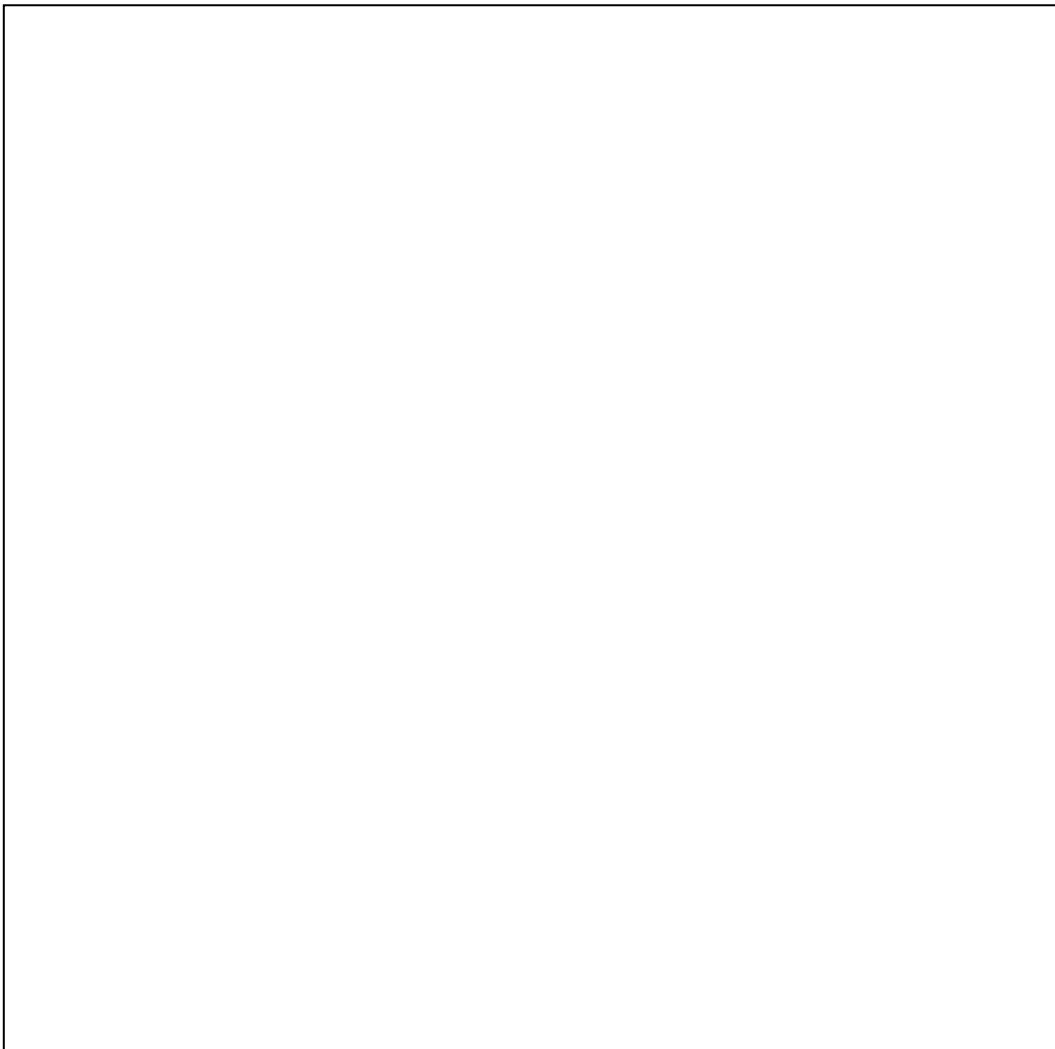
i. Calculate the mean annual temperature.

- ii. Calculate the annual range of temperature.



9. Solve the questions below;

- i. Convert 20°C to Fahrenheit.



ii. Convert 59°F to Celsius.



10. State three (3) factors that influence temperature.

- a.
.....
- b.
.....
- c.
.....

11. The amount of sunlight received at a place periodically is referred to as
.....
12. The part of the solar radiation received at the earth's surface is known as
.....
13. The solar energy through the process of radiation reaches the surface of the earth in a
form of
14. The solar radiation is absorbed by the earth and re-emitted into the atmosphere as
.....
15. The amount of sunshine received at a place is measure by
.....
16. Lines drawn on maps joining places with equal amount of sunshine are called
.....
17. State two (2) factors affection sunshine.
- a.
.....
.....
- b.
.....
.....
18. What is Humidity?
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.....
19. The cyclometer is made up of two thermometers which are
..... and
and they are placed side by side in the Stevenson's screen.
20. Define Absolute Humidity
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.....
.....
.....
21. What is Relative Humidity
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22. Absolute humidity is expressed in while relative humidity is expressed as

23. When is the air said to be saturated?
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24. The temperature at which the air becomes saturated is known as

25. The tiny droplets of water which suspend in the air are referred to as

26. Luke Howard used four Latin words to classify clouds and these are
a.
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b.
.....
.....
c.
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.....

27. Clouds that look like a lock of curly hair are known as

28. Clouds that look like a heap or pile are known as

29. Clouds that are formed in layers are known as

30. Rain-bearing clouds are known as

31. Clouds can be classified according to three main characteristics. Name them.
a.
.....
.....
b.
.....
.....
c.
.....
.....

32. State three (3) examples of clouds that are classified as the high clouds.

- a.
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- b.
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.....
- c.
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.....

33. Give two (2) examples of clouds that are classified as the medium/middle clouds.

- a.
.....
.....
- b.
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.....

34. List three (3) examples of clouds that are classified as low clouds.

- a.
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.....
- b.
.....
.....
- c.
.....
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35. State two examples of clouds that are classified as clouds of great vertical extent.

- a.
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- b.
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36. Lines drawn on maps joining places with the same amount of cloud is termed as

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37. Define precipitation

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38. List five (5) forms of precipitation

a.
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b.
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c.
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d.
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e.
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39. With the aid of appropriate diagrams, describe the following;

a. Orographic rainfall



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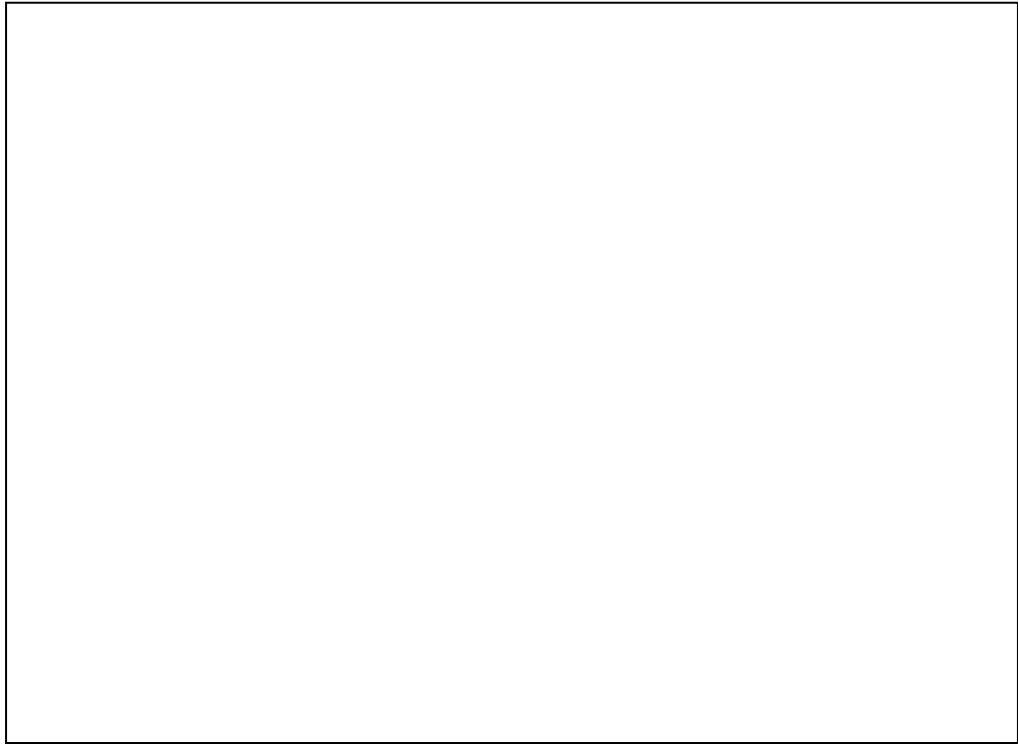
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b. Convectonal rainfall



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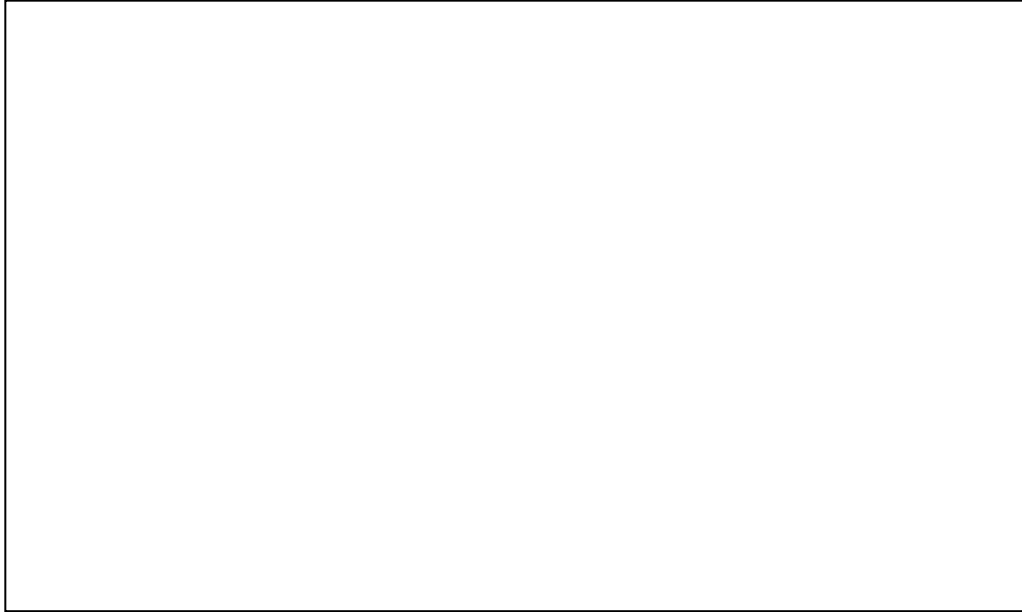
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c. Cyclonic rainfall



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38. The form of precipitation that is made up of ice crystals and is formed when water condenses in the atmosphere below freezing point is called

39. The form of precipitation that is formed when snow passes through a warm layer of atmosphere reaching the ground as partially melted snow is known as

40. These are small balls of ice crystals which fall from clouds of great vertical extent. Which form of precipitation is this?
41. The form of precipitation formed during clear calm nights when rapid radiation reduces the temperature of the air in contact with the ground and cools sufficiently **above** freezing point (0°) is known as
42. This is formed during clear nights when rapid radiation reduces the temperature of the air in contact with the ground and cools sufficiently but **below** freezing point(0°). What form of precipitation is this?
43. The form of precipitation formed when condensation of water vapour occurs near the earth's surface on microscopic particles of dirt and dust in the air is known as,
44. The instrument used to measure the amount of rainwater received is known as
45. Line drawn on maps joining places of equal amount of rainfall are termed as
46. What is Atmospheric Pressure?

47. The instrument used in measuring instant air pressure is known as
48. is used in measuring continuous air pressure.
49. The air or wind that flow from an area of higher pressure to an area of lower pressure by a driving force, is called
50. The driving force that enables air or wind to flow from an area of higher pressure to an area of lower pressure is known as
51. Lines drawn on maps joining places of the same air pressure are termed as
52. Air in motion is known as
53. The anemometer is used in measuring the speed of air in motion then what instrument is used in measuring the direction of air in motion?
54. The early Greeks divided the world into three zones based upon a simple temperature description namely
- a.

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56. Describe four factors that influence climate.

- a.
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- b.
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- c.
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- d.
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57. Explain four effects of climate on human activities.

- a.
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- b.
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- c.
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- d.
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OCEANS

1. A great stretch of open water that occupies about 70.8% of the earth’s surface is known as

2. What is Oceanography?

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.....
.....

Fill the blank spaces with the appropriate option; **Pacific Ocean, Atlantic Ocean, Indian Ocean, Arctic Ocean** and **Southern Ocean**

3. “I occupy about 74 million km² of the total area covered by all the oceans in the world and have an average depth of 3,962 meters. I flow between the African and Asian continents”. What ocean am I?

4. “I occupy about 364 million km² of the total area covered by all the oceans in the world and have an average depth of 4270 meters. I am seen as the largest ocean in the world. What ocean am I?

5. “I am also known as the North Ocean and have an average depth of about 824 meters. I cover about 14 million km² of the total area covered by all the oceans in the world”. What ocean am I?

6. “I occupy about 82 million km² of the total area covered by all the oceans in the world and have an average depth of about 3932 meters. I flow between the African and South American continents”. What ocean am I?

7. “I have an average depth of about 149 meters and cover about 29 million km² of the total area covered by all the oceans in the world. I flow along the Australian continent”. What ocean am I?

8. Define the Topography of the Ocean floor.

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9. The science of the study of the topography of the ocean floor is known as

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10. The device used to determine the features on the ocean floor is called

.....

11. With the aid of appropriate diagram, describe the topography of the ocean floor.



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12. Give three (3) importance of continental shelves.

- a.
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- b.
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- c.
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13. The degree of saltiness of the ocean water which is expressed either as percentage or in parts per thousand is known as

14. Explain three (3) factors that lead to the variation in the degree of saltiness of the ocean water.

- a.
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- b.
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.....
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- c.
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15. There are two major movements of the ocean water and these are;
- a.
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- b.
-

16. The periodic rise and fall of the level of the ocean which is mainly caused by gravitational attraction exerted on the earth's surface by the moon and the sun is known as

17. The regular and rhythmic rise and fall of the ocean water as it moves, which is mainly caused by the wind is called

18. Define Ocean Currents

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19. Differentiate between Warm Ocean currents and Cold ocean currents.

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20. Complete this table by indicating the type of current; **Warm Current** or **Cold Current**

OCEAN CURRENT	TYPE OF OCEAN CURRENT
Labrador Current
South Equatorial Current
Equatorial Counter Current
East Greenland Current
North Equatorial Current
Agulhas Current
Kuroshio Current
Alaska Current
Brazil Current
Guinea Current
Benguela Current
North Atlantic Current
California Current
West Greenland Current
Florida Current

North Pacific Current
Canary Current
Peru Current
East Australian Current

21. Explain four factors that affect the pattern and movement of the ocean.

- a.
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- b.
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- c.
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- d.
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22. State three (3) effects of ocean currents on climate.

- a.
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- b.
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- c.
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23. Give five (5) importance of oceans to man.

- a.
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- b.
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- c.
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- d.
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RIVERS

1. Define River

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2. List any two (2) sources of water for rivers.

- a.
.....
- b.
.....

3. What is a River Channel?

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.....
.....
.....

4. The place where a river originates or begins to flow is known as

.....

5. The place where a river joins a bigger river or joins the sea is known as

.....

6. Rivers perform three major functions. What are these functions?

- a.
.....
- b.
.....
- c.
.....

7. The mechanical process whereby the river uses its own force or energy to wear and dislodge pieces of rocks from the bed and sides of the channel is known as

.....

8. The mechanical process in which the river uses water borne materials like pebbles and gravels being transported as tools to scratch and polish the bed and banks of the river is known as
9. The process whereby materials like pebbles, gravels and boulders carried by the river knock against each other and breaks down into smaller and lighter particles is known as
10. The chemical action of river whereby soluble rocks like chalk, limestone and rock salt are dissolved in the river and worn away is known as
11. The downward cutting of river bed which result in the deepening of the river channel is called
12. The wearing away of the river channel which results in the widening of the river channel is known as
13. The erosion of river towards the direction of its source, which is associated with rejuvenation is known as
14. Describe the following processes of river transport

a. Traction

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b. Saltation

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c. Suspension

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d. Solution

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Provide the correct answer to the following questions (15-19) and support your answers with the appropriate diagrams.

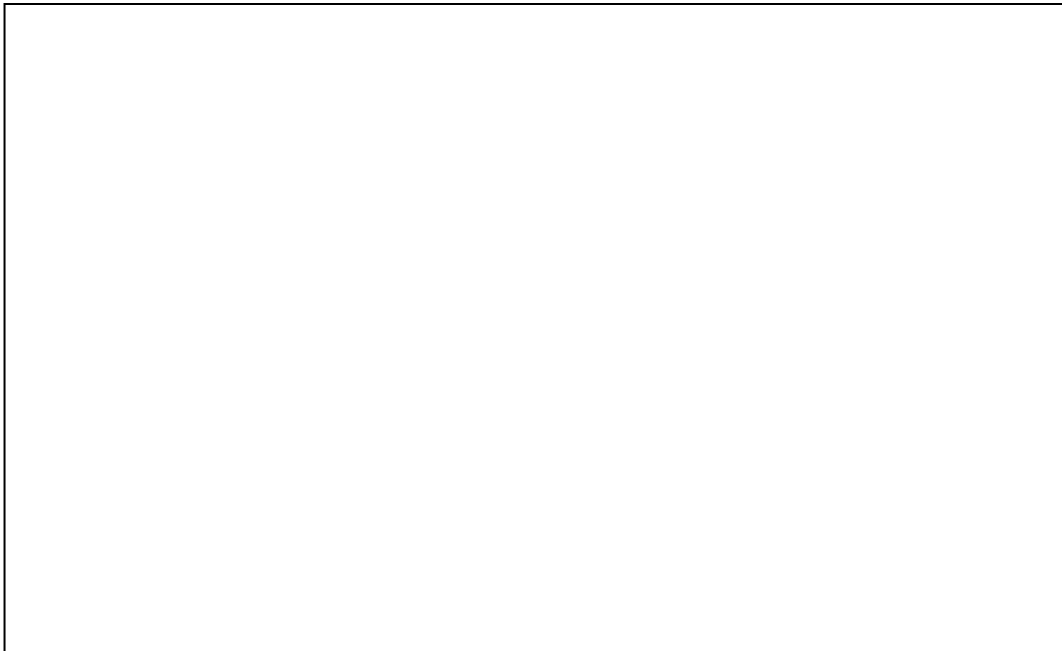
15. This is a series of rock outcrops along the course of a river which usually cause the river to experience a series of jumps and falls as it flows and thereby prevents smooth navigation. What river landform is this?



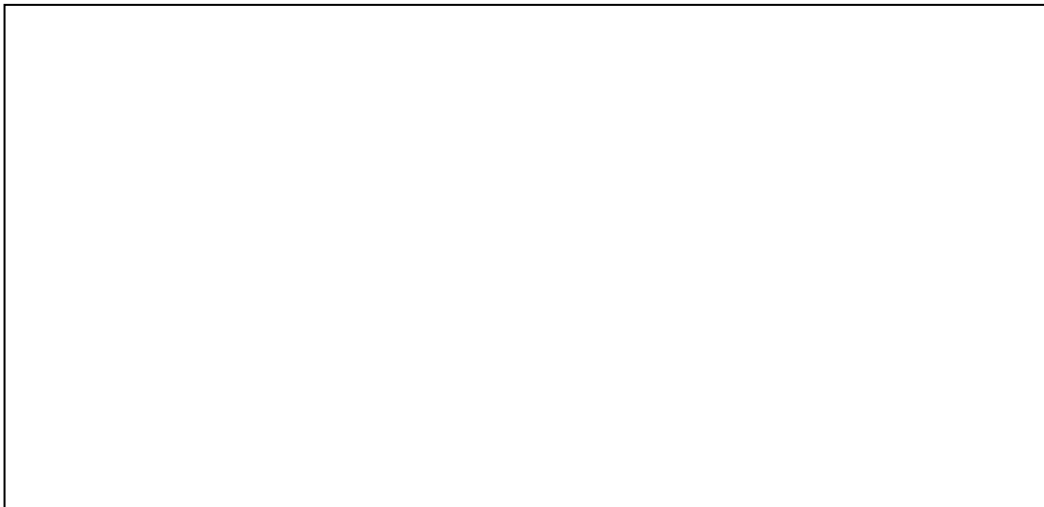
16. This is a sudden fall of water from a higher ground or elevation to a lower ground along scarp or steep slopes. What river landform is this?



17. This is a long, narrow, deep and steep sided V-shaped valley which may have craggy or irregular walls and is usually associated with rapids, waterfalls and potholes. What river landform is this?

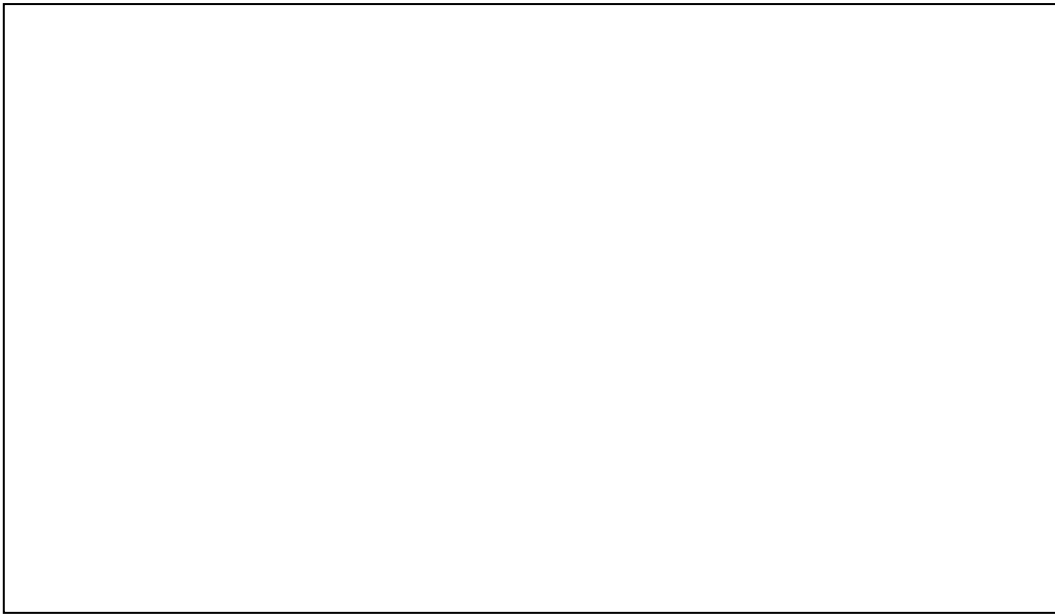


18. This is an interlocking spur whose ends have been shortened or planed off by active lateral erosion and may occur on both sides of a river. What river landform is this?



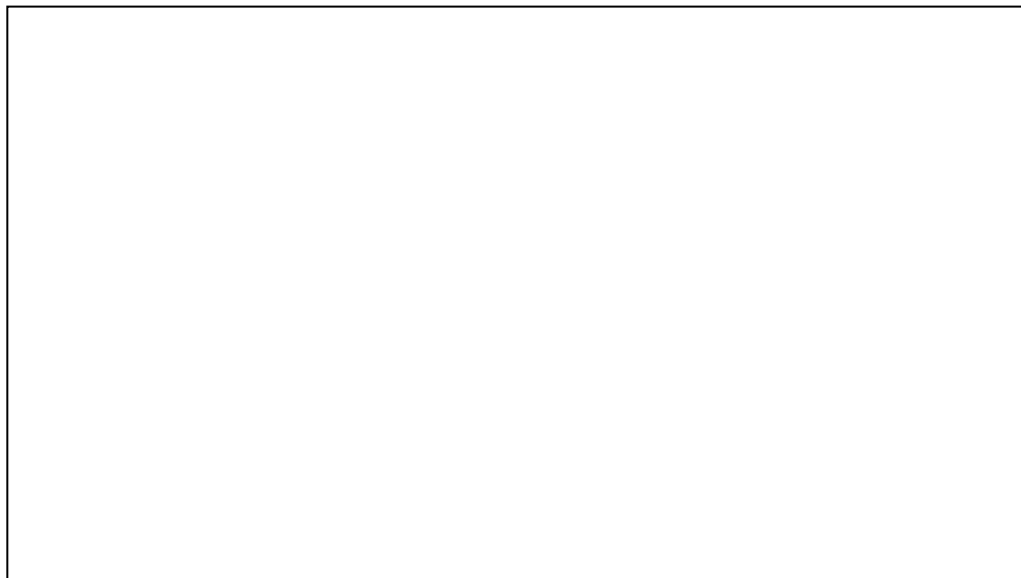
19. This is a raised bank or natural embankment of the river found on both sides of river and are built of alluvium or sediments. What river landform is this?

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20. With the aid of appropriate diagrams, describe the characteristics and formation of the following landforms;

a. Oxbow lake



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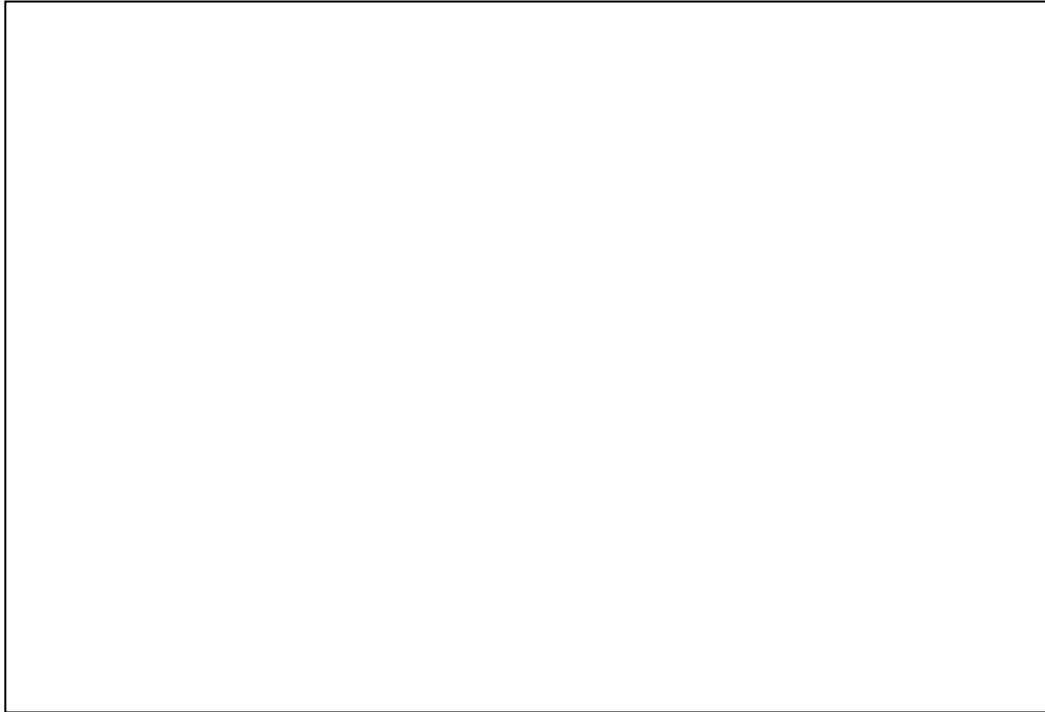
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c. River Capture



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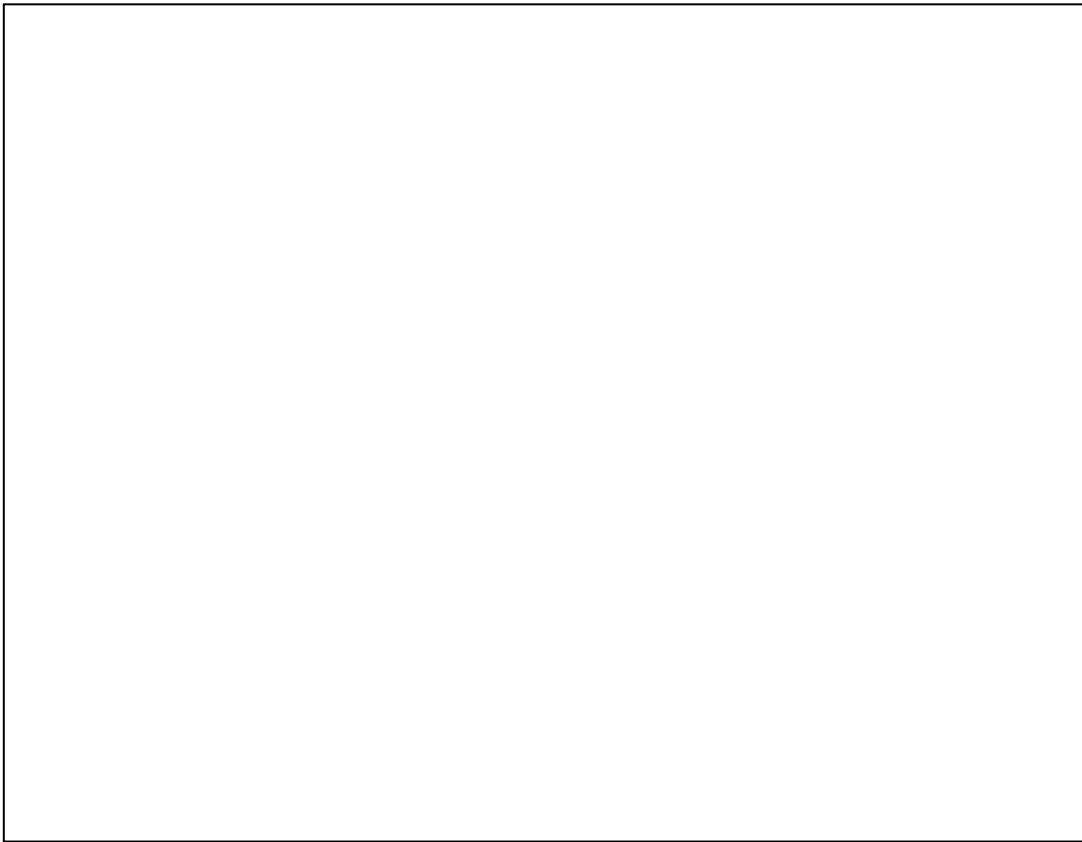
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21. Draw a well labeled long profile of a river and describe the various courses of rivers.



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