

# HEALTH & PHYSICAL EDUCATION

## Paper-I

Theory	75 Marks Time 3 Hours
(Question No 1 is compulsory	15 Marks)
(Two questions out of four from Section-I and two out of	
Four from section —II	60 Marks
Practical	25 Marks Time 3 hours

## Paper-II

Theory	75 Marks Time 3 Hours
(Question No 1 is compulsory	15 Marks)
(Two questions out of four from Section-I and two out of	
Four from section —II	60 Marks
Practical	25 Marks Time 3
hours	

## DETAILS OF COURSES

### PAPER-I (third year)

#### SECTION-I

1. **INTRODUCTION TO PHYSICAL EDUCATION**
  - a. Definition d. Scope
  - b. Aims and Objectives e. Importance in present of day life
2. **MOVEMENT EDUCATION**
  - a. Definition
  - b. Types of movement
  - c. Factors affecting movement; Gravity, Air resistance, Mass, Friction, Equilibrium, Also in Part-II Physical Fitness Chapter.
  - d. Biomechanical Analysis of the following movement concepts
    - i. Stretching
    - ii. Jumping
    - iii. Running
    - iv. Balancing and weight bearing
3. **RELIGIOUS RITUALS AND MOVEMENT**
  - a. General importance with
  - b. Namaz
  - c. Haj ,reference to Quran & Sunnah
  - d. Jihad
4. **RECREATION**
  - a. Definition, need and importance.
  - b. Introduction of Recreational activities, mental recreation (Indigenous games, small area sports, indoor and outdoor games)

c. Utilization of Educational Institutions as Community Recreational Centres.

## 5. HUMAN ORGANISM

a. Anatomy Physiology and effects of exercise on the following systems

- i. Muscular system
- ii. Circulatory system

## 6. FIRST AID

a Definition and importance

b. General principles of First Aid

c. Qualities of First Aider

d Signs, Symptoms and First Aid of Fractures, Dislocation, Sprains, Strains, Cramps, Wounds, Shocks, Sun Stroke, Bites, Poisons.

## 7. FATIGUE AND RELAXATION

## 8. OUTDOOR PURSUITS

Significance and organisation of the following: a Roving (Men) c. Hiking & Hill Trekking b. Senior guides (Women) d Youth Hostelling

## SECTION-II

## 9. GAMES AND SPORTS

- a. Importance of games and sports
- b. Qualities of Sportsmen and code of ethics

### Men

Basketball, Volleyball & Football

### Women

Volleyball, Basketball & Net Ball

## 10. TRACK AND FIELD EVENTS

a. Introduction of track and field events (National level)

b. Rules, regulations and techniques of the following events: i. 100, 400 & 1500 meters ii

Throwing the javelin

iii. Triple jump for men

iv. Long jump for women

## 11. INTRODUCTION OF HEALTH EDUCATION

a. Definition and Scope c. Relationship with Physical Education

b. Importance d. Health and longevity

## 12. POSTURE & POSTURAL DEFECTS

a. Posture and its importance

b. General deformities (Kyphosis, Lordosis, Khypholordosis, Scoliosis, Knee Knocking, Flat foot)

c. Causes of deformities

d. Remedial

exercises

## PRACTICAL

### Third Year

**Note. Each question carries 5 marks.**

1. Exercises of the body about Movement Education and postural

Defects.

2. Gymnastics/Agilities

Forward Roll, Backward Roll & Dive Roll

3. Skills efficiency in games

MEN: Football, Volleyball, Basketball

WOMEN: Volleyball, Basketball, Net Ball

4. Skill efficiency in Track & Field

100M, 400M, 1500M, Javelin Throw, Tripple

jump(men), Long

jump()women.

5. Note Book & Viva

Note: Uniform is compulsory. (Track suit, Trousers, T-shirts, Sports

sho

es, etc.)

**PAPER-II (fourth  
Year) SECTION**

**—I**

**1. HISTORICAL BACKGROUND OF PHYSICAL  
EDUCATION**

a. Physical education in Pakistan

**2. SAFETY EDUCATION**

a. Definition d. Traffic safety

b. Importance e. Sports safety

c. Home safety

**3. PHYSICAL MOTOR FITNESS**

a. Definition

b. Importance of Physical Fitness

c. Components of Physical Fitness

i. Cardiovascular Endurance

ii. Muscular Power

iii. Muscular Endurance

d. Motor Fitness

i. Speed

ii. Agility

iii. Balance

**4. PERSONAL HYGIENE**

a. Islamic concept about personal hygiene Care of Eyes, Nose, Throat, Teeth, Feet, Finger, Nails, Arm Pits, Skin, Hair and Dress

b. Drug Abuse, Effects of the following on human health: Opium, Morphine, Hashish, Heroin, Charas, Alcohol.

**5. COMMUNITY HEALTH**

a. Public Health problems

b. Community Health Centre

c. Sanitation of home, school and locality

d. Symptoms, Causes & prevention of the following Communicable diseases:

- e. i. Aids, Tuberculosis, Hepatitis (B & C)

## **6. Human Organism**

- i. Respiratory system
- ii. Digestive System

## **SECTION-II**

### **7. ENVIRONMENTAL POLLUTION**

- a. Air
- b. Water
- c. Noise
- d. Radiation

### **8. MASSAGE**

- a. Definition of Massage
- b. Utility and importance of Massage
- c. Types of Massage; Aquatics, Mud, Manual etc.

### **9. NUTRITION**

- a. Calories and Caloric requirement
- b. Constituents of food
- c. Balanced Diet with special reference to the sources of food available in Pakistan
- d. Effect of malnutrition on human body

### **10. Systems of Tournaments**

- i) League (Round Robin) System
- ii) Knock out (Elimination) System
- iii) Combination system

Rules and techniques of the following:

#### **Men & Women**

Hockey, Badminton & Table Tennis, Cricket. **11. TRACK AND FIELD**

**EVENTS** Introduction of track and field events (National level)

- a. Rules, regulations and techniques of the following events: 800 meters
- ii. 4 x 100 meters race
- iii. High jump
- iii. Putting the shot

PRACTICALS Fourth Year

Note. Each question carries 5 marks.

- 1. Exercises of the body about Physical fitness.
- 2. Gymnastics:
  - Head Standing, Hand Standing, Cart Wheeling.
- 3. Skill of Games.
  - Hockey, Table Tennis, Cricket, Badminton
- 4. Skills in Athletics
  - 4 x 100M, 800M, Shot put, High jump.
- 5. Note Book & Viva.

Note: Uniform is compulsory. (Track suit, Trousers, T-shirts, Sports shoes, etc.)