Health and Physical Education
B.A.: Elective

Outlines of Tests

<table>
<thead>
<tr>
<th>Paper</th>
<th>Title of Course</th>
<th>Marks</th>
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<tbody>
<tr>
<td>A</td>
<td>Physical Education:</td>
<td>75</td>
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<tr>
<td>B</td>
<td>Health Education</td>
<td>75</td>
</tr>
<tr>
<td>C</td>
<td>Practical</td>
<td>50</td>
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<td></td>
<td>Physical Education</td>
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<tr>
<td></td>
<td>Health Education</td>
<td>15</td>
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Syllabi and Courses of Reading

PAPER A: PHYSICAL EDUCATION

10. INTRODUCTION TO PHYSICAL EDUCATION
   Definition.
   Aims and Objectives.
   Scope.
   Importance in present day life.

11. HISTORICAL BACKGROUND OF PHYSICAL EDUCATION
   Greece.
   Sweeden.
   Pakistan.

12. MOVEMENT EDUCATION
   Definition.
   Types of movement.
   Factors affecting movement.
   (Gravity, Air resistance, Mass, Friction, Equilibrium)
   (d) Developing movement concepts:
   (i) Curling and stretching.
   (ii) Turning and twisting.
   (iii) Swinging and circling.
   (iv) Balancing and weight bearing.
   (v) leaping and jumping.
   (vi) Rocking and rolling.
   (vii) Walking and running.

6. PHYSICAL FITNESS:
   Definition.
   Components.
   Importance.

7. SAFETY EDUCATION
   Definition.
   Importance.
   Home safety.
   Traffic safety.
   Sports safety.

8. RELIGIOUS RITUALS AND MOVEMENT:
   General importance with reference to Quran & Sunnah.
   Namaz.
   Haj.
   Jehad.

9. Games and Sports
Value of games and sports.
Rules and techniques of the following:

**MEN**
- Hockey
- Volleyball
- Football
- Tennis

**WOMEN**
- Basketball
- Volleyball
- Hockey
- Tennis

4. **TRACK AND FIELD ATHLETICS**

   Importance of track and field events.
   Rules, regulations and techniques of the following:
   - (i) 100 m.
   - (ii) 400 m
   - (iii) 1500 m
   - (iv) 4 x 100 meters relay.
   - (v) Throwing the javelin.

c) **OUT DOOR PURSUITS:**

   Significance and organization of the following:
   - Rovering (Men).
   - Senior guides (Women).
   - Mountaineering.
   - Hiking.
   - Youth Hostelling.

d) **RECREATION:**

   - i Definition, need and importance in the modern age.
   - ii Recreational activities (both indoor & out door).
   - iii Site selection, programming, management and budgeting.
   - iv Leadership in reaction.

**BOOKS RECOMMENDED**

4. nazir Azim Waqar Practical Note Book.
5. Prof. Haq Nawaz Ch. Anmol Practical Note Book.

**PAPER B : HEALTH EDUCATION**

1. **MEANING SCOPE OF HEALTH EDUCATION**
   - (a) Definition and Scope.
   - (b) Importance.
   - (c) Relationship with Physical Education.
   - (d) Health & longevity

2. **PERSONAL HYGIENE**
   - (a) Islamic conception about personal hygiene.
   - (b) Care of Eyes, Nose, Throat, Teeth, Feet, Finger, Nails, Arm Pits, Skin and Hair.
   - (c) Dress.
   - (d) Effect of the following on human health:-
     - Tobacco, Naswar, Sleeping pills, Opium, Morphia, Hashish, Heroin, Charas, Alchohol.

3. **COMMUNITY HEALTH**
   - (a) Public Health problems.
   - (b) Sanitation of home, school and locality.
   - (c) Symptoms, Causes and prevention of the following communicable diseases: Influenza, Typhoid, Cholera, Aids.

4. **AIR:**
   - (a) Composition.
   - (b) Circulation.
   - (c) Pollution.
   - (d) Purification.

5. **HUMAN ORGANISM**
Anatomy and Physiology of the following systems:
(a) Muscular System.
(b) Respiratory System.
(c) Blood circulatory System.

6. EFFECTS OF EXERCISE ON HUMAN BODY
A. Effect of exercise on the following:
(a) Muscular System.
(b) Blood Circulatory System.
(c) Respiratory System.
C. Fatigue & Relaxation.

7. NUTRITION
(a) Constituents of food.
(b) Functions of food.
(c) Food Hygiene.
(d) Balanced Diet with special reference to the sources of food available in Pakistan.
(e) Effects of malnutrition of human body.

8. CORRECTIVE PHYSICAL EDUCATION
(a) Posture and its importance.
(b) General deformities (Kyphosis, Lordosis, Scoliosis, Flat foot).
(c) Causes of deformities.
(d) Remedical exercises.

9. MASSAGE
(a) Utility and importance.
(b) Kind of massage, Aquates, Mud, Manual.

10. FIRST AID
(a) Definition and importance.
(b) General principles of first Aid.
(c) Signs, Symptoms and First Aid of Fractures, Dislocation, Sprains, Strains, Cramps, Wounds, Shocks, Sunstroke, Bites, Poisons.

Books Recommended
   i) nazir Azim Waqar Practical Note Book.
   ii) Prof. Haq Nawaz Ch. Anmol Practical Note Book.
PRACTICALS

<table>
<thead>
<tr>
<th>PRACTICALS</th>
<th>Marks</th>
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<tbody>
<tr>
<td>1. Skill dexterity in games.</td>
<td>10</td>
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<td>2. Skill dexterity in Athletics.</td>
<td>10</td>
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<tr>
<td>3. Agilities/Stretching.</td>
<td>05</td>
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<td>4. Postural Judgment.</td>
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<td>5. Personal Hygiene.</td>
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<td>6. First Aid.</td>
<td>05</td>
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<tr>
<td>7. Viva Voce (Health &amp; Physical Education).</td>
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<td><strong>Total</strong></td>
<td><strong>50</strong></td>
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ii) **SKILL DEXTERITY IN GAMES**

Skill dexterity in any two of the following games (ONE FROM EACH GROUP)

A. **MEN**
   - Hockey
   - Football

B. **WOMEN**
   - Basketball
   - Hockey

2. **SKILL DEXTERITY IN ATHLETICS**

Skill dexterity in any two of the following events. (ONE FROM EACH GROUP)

   - 100 meters
   - meters 1500 meters
   - x 100 meters relay Board
   - Jump
   - Trippe Jump Throwing the
   - Javelin Putting the Shot

i) **AGILITIES/STRETCHING/BALANCING**

Proficiency in two of the following (ONE FROM EACH GROUP)

   - Forward Roll
   - Backward Roll
   - Spanning
   - Cart Wheeling.
   - Dive Roll Head
   - Standing Hand Standing
   - Standing Broad Jump.

ii) **POSTURAL JUDGMENT**

Demonstration and judgement of correct Sitting, Standing, Walling and Lying Posture.

iii) **PERSONAL HYGIENE**

   (a) Skill in brushing the teeth.
   (b) Demonstration of Ablution.
   (c) Appraisal of Dress, Hair, Eyes, Skin, Armpits.

iv) **FIRST AID**

   (a) Question regarding General Health.
   (b) Practical Note Book containing Sketches of Playfields, Techniques, Posture, Movement concepts.
   a) Recognition of selection on the University/Divisional/Provisional/National/Teams
   Recognition of Social/Community Service.