

Health and Physical Education

B.A.: Elective

Outlines of Tests

<u>Paper</u>	<u>Title of Course</u>	<u>Marks</u>
A	Physical Education:	75
B	Health Education	75
C	Practical	50
	Physical Education	35
	Health Education	15
	Total	200

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.

48

(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	WOMEN
Hockey	Basketball
Volleyball	Volleyball
Football	Hockey
Tennis	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

1. Prof. Nazir Azim 2004-2005 health and Physical Education Paper-A and B.
2. Prof. Haq Nawaz Ch. 2004-2005. Health and Physical Education Paper-A and B.
3. Malik Khalid Mehmood 2004-2005 Shaheen Practical Note Book.
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, Alcohol.

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, Aqutes, 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, Sun X stroke, Bites, poisons.

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PRACTICALS

PRACTICALS	Marks
1. Skill dexterity in games.	10
2. Skill dexterity in Athletics.	10
3. Agilities/Stretching.	05
4. Postural Judgment.	05
5. Personal Hygiene.	05
6. First Aid.	05
7. Viva Voce (Health & Physical Education).	10
Total	50

ii) SKILL DEXTERITY IN GAMES

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

A.	MEN	WOMEN
	Hockey	Basketball
	Football	Hockey
B.	Volleyball	Volleyball
	Tennis	Tennis

2. SKILL DEXTERITY IN ATHLETICS

Skill dexterity in any two of the following events.

(ONE FROM EACH GROUP)

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

i) AGILITIES/STERTCHING/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.