

Health and Physical Education

B.A. Elective

Part-I

| Paper | Title of Course | Marks |
|-------|--------------------|------------|
| A | Physical Education | 75 |
| C | Practical-I | 25 |
| | Total | 100 |

Syllabi and Courses of Reading

PAPER-I: PHYSICAL EDUCATION

1. INTRODUCTION TO PHYSICAL EDUCATION

- Definition.
- Aims and Objectives.
- Scope.
- Importance in present day life.

2. HISTORICAL BACKGROUND OF PHYSICAL EDUCATION

- a. Greece.
- b. Sweeden.
- c. Pakistan.

3. MOVEMENT EDUCATION

- a. Definition.
 - b. Types of movement.
 - c. Factors affecting movement.
(Gravity, Air resistance, Mass, Friction, Equilibrium)
- 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.

4. PHYSICAL FITNESS:

- a. Definition.
- b. Components.
- c. Importance.

5. SAFETY EDUCATION

- a. Definition.
- b. Importance.
- c. Home safety.
- d. Traffic safety.
- e. Sports safety.

6. RELIGIOUS RITUALS AND MOVEMENT:

- a. General importance with reference to Quran & Sunnah.
- b. Namaz.
- c. Haj.
- d. Jihad.

7. Games and Sports

- a. Value of games and sports.
- b. Rules and techniques of the following:

MEN / WOMEN

Hockey

Volleyball
Hand Ball
Bedminton
Table Tennis

8. TRACK AND FIELD ATHLETICS

- a. Importance of track and field events.
- b. 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.
 - (vi) Long Jump

9. OUT DOOR PURSUITS:

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

10. RECREATION:

- a. Definition, need and importance in the modern age.
- b. Recreational activities (both indoor & out door).
- c. Site selection, programming, management and budgeting.
- d. 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.

Practical-I

25 Marks

| A | Skill Dexterity in Games (for Men & Women) | Marks |
|----------|--|--------------|
| 1 | Hockey | 08 |
| 2 | Volley Ball | |
| 3 | Hand Ball | |
| 4 | Table Tennis | |
| B | Skill dexterity in atheletics (for Men & women) | |
| 1 | 100 Meters | 08 |
| 2 | 400 Meters | |
| 3 | 1500 Meters | |
| 4 | 4x100 Meters relay | |
| 5 | Board Jump | |
| 6 | Throwing the javelin | |

| | | |
|----------|--|----|
| C | Agilities / Stertching / Balancing | |
| 1 | Front Roll | 04 |
| 2 | Spanning | |
| 3 | Head Standing | |
| 4 | Pull Ups / Set Ups | |
| D | Viva Voce (Health and Physical Education) | |
| 1 | Practical Note Book containing sketches of Playfields, Teaching and Athletic Roles | 3 |
| 2 | Recognition of selection on the University / Divisional / Provincial / National Teams and recognition of social / Community Service and proper uniform | 2 |

Health and Physical Education

B.A. Elective

Part-II

| Paper | Title of Course | Marks |
|-------|------------------|------------|
| A | Health Education | 75 |
| C | Practical-II | 25 |
| | Total | 100 |

Syllabi and Courses of Reading

PAPER-II: HEALTH EDUCATION

1. **Games and Sports**
Value of games and sports.
Rules and techniques of the following:
MEN / WOMEN
Football
Basketball
Cricket
Tennis
2. **Track and Field Athletics**
Importance of track and field events.
Rules, Regulations and techniques of the following:
 - i) 200 Meter
 - ii) 800 Meter
 - iii) 4x400 Meters Relay.
 - iv) Throwing the discus
 - v) Putting the Shot
 - vi) Tripple Jump
3. **MEANING SCOPE OF HEALTH EDUCATION**
 - (a) Definition and Scope.
 - (b) Importance.
 - (c) Relationship with Physical Education.
 - (d) Health & longevity
4. **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.
5. **COMMUNITY HEALTH**
 - (e) Public Health problems.
 - (f) Sanitation of home, school and locality.
 - (g) Symptoms, Causes and prevention of the following communicable diseases: Influenza, Typhoid, Cholera, Aids.
6. **AIR:**
 - (h) Compsotion.
 - (i) Circulation.
 - (j) Polution.
 - (k) Purification.
7. **HUMAN ORGANISM**
Anatomy and Physiology of the following systems:
 - (l) Muscular System.

- (m) Respiratory System.
- (n) Blood circulatory System.

8. EFFECTS OF EXERCISE ON HUMAN BODY

A. Effect of exercise on the following:

- (o) Muscular System.
- (p) Blood Circulatory System.
- (q) Respiratory System.

C. Fatigue & Relaxation.

9. 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.

10. CORRECTIVE PHYSICAL EDUCATION

- (f) Posture and its importance.
- (g) General deformities (Kyphosis, Lordosis, Scoliosis, Flat foot).
- (h) Causes of deformities.
- (i) Remedical exercises.

11. MASSAGE

- (j) Utility and importance.
- (k) Kind of massage, Aquates, Mud, Manual.

12. FIRST AID

- (l) Definition and importance.
- (m) General principles of first Aid.
- (n) Signs, Symptoms and First Aid of Fractures, Dislocation, Sprains, Strains, Cramps, Wounds, Shocks, Sun X stroke, Bites, poisons.

Books Recommended

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 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.
- i) nazir Azim Waqar Practical Note Book.
 - ii) Prof. Haq Nawaz Ch. Anmol Practical Note Book.

Practical-II

25 Marks

| A | Skill Dexterity in Games (for Men & Women) | Marks |
|----------|--|--------------|
| 1 | Football | 08 |
| 2 | Basket Ball | |
| 3 | Tennis | |
| B | Skill dexterity in atheletics (for Men & women) | 08 |
| 1 | 200 Meters | |
| 2 | 800 Meters | |
| 3 | 4x400 Meters relay | |
| 4 | Tripple Jump | |
| 5 | Putting the shot | |
| 6 | Discus throw | |

| | | |
|----------|--|----|
| C | Agilities / Stertching / Balancing | |
| 1 | Backward roll | 04 |
| 2 | Cart Weeling | |
| 3 | Standing Broad Jump | |
| 4 | Hand Standing | |
| D | Viva Voce (Health and Physical Education) | |
| 1 | Practical Note Book containing sketches of Playfields, Teaching and Athletic Roles | 3 |
| 2 | Recognition of selection on the University / Divisional / Provincial / National Teams and recognition of social / Community Service and proper uniform | 2 |