GOVERNMENT COLLEGE UNIVERSITY, FAISALABAD

QUESTION PAPER FOR EXTERNAL EXAMINATIONS

BA/BSc (Composite) Annual -2012: Subject: Health & Physical Education
Course Title: Health & Physical Education Paper: A
Time Allowed: 03:00 Hours Maximum Marks: 75 Pass Marks: 33%(25)

Note: - Attempt any five questions. All question carry equal marks.

Q-1  a) What is PHYSICAL EDUCATION? Explain it in the light of expert’s opinion.
     b) Explain the IMPORTANCE of PHYSICAL EDUCATION in MODERN life.

Q-2  a) Write the LAWS of OLD OLYMPICS.
     b) Explain in detail the Development of PHYSICAL EDUCATION in PAKISTAN.

Q-3  a) What is MOVEMENT? Define it.
     b) Write in detail the IMPORTANCE of MOVEMENT in modern life.

Q-4  Explain in details the followings.
    i) POWER    ii) ENDURANCE    iii) AGILITY

Q-5  a) What is Safety Education? Discuss the importance of safety Education.
     b) Write a note on Driver Safety.
Q-6 Explain the Physical Education in light of QURAN and SUNNAH.

Q-7 a) Draw a Sketch of HOCKEY GROUND and mention the POSITION of PLAYERS.
   b) Write a short note on following.
      i) PENALTY STROKE
      ii) PENALTY CORNER

Q-8 a) Write the rules of LONG jump.
   b) Write the TECHNIQUES OF 100 METERS Race.

Q-9 Explain the following in details.
   i) IMPORTANCE of MAP READING in MOUNTAINEERING
   ii) EQUIPMENTS in Mountaineering
   iii) GENERAL INSTRUCTIONS of MOUNTAINEERING

Q-10 a) What is RECREATION?
    b) Explain in details the RE-CREATIONAL OBJECTIVES.
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BA/BSc (Composite)         Annual -2012: Subject: Health & Physical Education
Course Code:                Course Title: Health & Physical Education          Paper: B
Time Allowed: 03:00 Hours   Maximum Marks: 75       Pass Marks: 33% (25)

Note: - Attempt any five questions. All question carry equal marks.

Q-1 Write the meaning of Hygiene. Also describe the personal Hygiene in Skin care, Teeth care and Eyes care.

Q-2 Describe the relationship between Health Education and Physical Education.

Q-3 What are the symptoms, causes and preventions of the following communicate diseases
   i) Influenza   ii) Typhoid

Q-4 What is Air pollution? What measure you will take for purification of Air pollution?

Q-5 What are the effects of exercise on Respiratory System?
Q-6   Explain the Anatomy and physiology of Muscular System.

نظام عضلات کی انتہائی می اور فزیالوجی بیان کریں۔

Q-7   Write a note on ay two of the following

i) Kypnosis    ii) Scoliosis    iii) Flat foot

مندرجہ ذیل میں سے کسی دو پر نوت لکھیں۔

Q-8   Write down the definition and importance of Massage

مالش کی تعریف اور اہمیت تحریر کریں۔

Q-9   Define First Aid and importance of First Aid.

ابتدائی طبی امداد کی تعریف اور اہمیت بیان کریں۔

Q-10  Write down a detail note on Balance Diet

متوازن غذا پر نوت لکھیں۔