Q.1. Define Physical Education and explain its importance in modern age.

Q.2. Explain the Historical background of Physical Education and causes of downfall in Pakistan.

Q.3. Define Movement and explain the factors effecting movement.

Q.4. What is Physical fitness? Write down the components of physical fitness.

Q.5. What is home safety? Write down the safety measures?
   (i) Regarding things on fire  
   (ii) Regarding Poison eating

Q.6. Explain the importance of Physical education in the light of Quran and Sunnah in Islam.

Q.7. (a) Draw the sketch of Lawn Tennis Court.  
     (b) Service fouls of Tennis

Q.8. Explain the following in details
     (1) Rules of 400 meters flat race. 
     (2) Fouls of 4 x 100 meters relay race
1) Describe the relationship between health education and Physical education.

2) Write down the Personal Hygiene, Define the cleanliness of Hair and Skin.

3) Explain the Air Characteristics and Natural means of Purification of Air.

4) Define the Blood Circulation, and explain the effects of Exercise.

5) Explain the Parts of Respiratory System and their function.

6) Write down about the balance diet.

7) What are Minrless and explain kinds, advantages, and effects of deficiency.

8) Define Bad Posture, and explain the causes and remedial exercises of Lordosis.

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