Health and Physical Education
B.A. Elective

Part-I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Title of Course</th>
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<tbody>
<tr>
<td>A</td>
<td>Physical Education</td>
<td>75</td>
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<tr>
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<td>25</td>
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</tbody>
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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. Jehad.

7. **Games and Sports**
   a. Value of games and sports.
   b. Rules and techniques of the following:
      MEN / WOMEN
      Hockey
Outlines of Tests and Courses of Reading BA/B Sc Pass Course

Volleyball
Hand Ball
Badminton
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. OUTDOOR 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 & outdoor).
    c. Site selection, programming, management and budgeting.
    d. Leadership in reaction.

BOOKS RECOMMENDED
5. Prof. Haq Nawaz Ch. Anmol Practical Note Book.

Practical-I 25 Marks

<table>
<thead>
<tr>
<th></th>
<th>Skill Dexterity in Games (for Men &amp; Women)</th>
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<tr>
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<td>2 Volley Ball</td>
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<td>3 Hand Ball</td>
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<td></td>
<td>4 Table Tennis</td>
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<tr>
<td>B</td>
<td>Skill dexterity in athletics (for Men &amp; women)</td>
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<tr>
<td></td>
<td>1 100 Meters</td>
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<tr>
<td></td>
<td>2 400 Meters</td>
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<td></td>
<td>3 1500 Meters</td>
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<td>4 4x100 Meters relay</td>
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<tr>
<td></td>
<td>5 Board Jump</td>
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<tr>
<td></td>
<td>6 Throwing the javelin</td>
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<tr>
<td>C</td>
<td>Agilities / Stertching / Balancing</td>
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</tr>
<tr>
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<td>2</td>
<td>Spanning</td>
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<tr>
<td>3</td>
<td>Head Standing</td>
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<td>4</td>
<td>Pull Ups / Set Ups</td>
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04

3

2
Health and Physical Education
B.A. Elective
Part-II

<table>
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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, Alchohol.

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) Composition.
   (i) Circulation.
   (j) Pollution.
   (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, Aqutes, 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, Sunstroke, Bites, poisons.

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

**Practical-II**

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<td>Putting the shot</td>
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<td>Discus throw</td>
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**25 Marks**

*GC University, Faisalabad*
### Outlines of Tests and Courses of Reading BA/B Sc Pass Course

#### C: Agilities / Stretching / Balancing

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<td>Cart Weeling</td>
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<td>3</td>
<td>Standing Broad Jump</td>
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