

20. HEALTH AND PHYSICAL EDUCATION

APPENDIX 'A'

(Outlines of Tests)

Viewing an overall importance of theory and practical work, and comparative relevance of health and physical needs, the committee suggests the following distribution :

PART - I (THEORY)

Paper — A	Physical Education :	75 Marks
Paper — B	Health Education :	75

PART - II (PRACTICAL)

I.	Physical Education	35
II.	Health Education	15

Total Marks :	<u>200</u>
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PAPER - A. PHYSICAL EDUCATION

1. Introduction to Physical Education.
2. Historical background.
3. Movement Education.
4. Physical Fitness.
5. Safety Education.
6. Religious rituals and movement.
7. Games and Sports.
8. Track and Field Athletics.
9. Outdoor Pursuits.
10. Recreation.

PAPER -B. HEALTH EDUCATION

1. Meaning and Scope of Health Education.
2. Personal Hygiene.

3. Community Health.
4. Air.
5. Human Organism.
6. Effects of exercise on human body.
7. Nutrition.
8. Corrective Physical Education.
9. Massage.
10. First Aid.

PRACTICALS

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

APPENDIX 'A'

(Syllabi and Courses of Reading)

PAPER - A. PHYSICAL EDUCATION

1. INTRODUCTION TO PHYSICAL EDUCATION :
 - (a) Definition.
 - (b) Aims and Objectives.
 - (c) Scope.
 - (d) 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, Miction, 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.

4. **PHYSICAL FITNESS :**

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

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) Values of games and sports.
- (b) Rules and techniques of the following :

MEN

Hockey
Volleyball
Football
Tennis

WOMEN

Basketball
Volleyball
Hockey
Tennis

8. **TRACK AND FIELD ATHLETICS :**

- (a) Importance of track and field events.
- (b) Rules, regulations and techniques of the following :
 - (i) 100 meters.
 - (ii) 400 „
 - (iii) 1500 „
 - (iv) 4 × 100 meters relay.
 - (v) Broad jump.
 - (vi) Throwing the javelin.

9. **OUT DOOR PURSUITS :**

Significance and organisation of the following :

- (a) Rovering (Men).
- (b) Senior guides (Women).
- (c) Mountaineering.
- (d) Hiking.
- (e) Youth Hosteling.

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 recreation.

PAPER - B. HEALTH EDUCATION1. **MEANING SCOPE OF HEALTH EDUCATION**

- (a) Definition and Scope.
- (b) Importance.
- (c) Relationship with Physical Education.
- (d) Health and longevity.

2. **PERSONAL HYGIENE**

- (a) Islamic conception about personal Hygiene.
- (b) Care of Eyes, Nose, Throat, Teeth, Feet, Fingers, Nails, Arms, 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. Effects of exercise on the following :

(a) Muscular System.

(b) Blood Circulatory System.

(c) Respiratory System.

B. Fatigue and 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, Aquates, 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.

PRACTICALS1. **SKILL DEXTERITY IN GAMES**

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

A.	MEN	WOMEN
A.	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) :

- A. 100 meters
- 400 meters
- 1500 meters
- 4 × 100 meters relay
- Board Jump
- B. Tripple Jump
- Throwing the Javelin

Putting the Shot

3. AGILITIES/STRETCHING/BALANCING

Proficiency in two of the following (ONE FROM EACH GROUP).

Forward Roll

A. Backward Roll

Spanning

Cart Wheeling

B. Dive Roll

Head Standing

Hand Standing

Standing Broad Jump.

4. POSTURAL JUDGEMENT

Demonstration and Judgement of correct Sitting, Standing, Waling and Lying posture.

5. PERSONAL HYGIENE

(a) Skill in brushing the teeth.

(b) Demonstration of Ablution.

(c) Appraisal of Dress, Hairs, Eyes, Skin, Armpits.

6. FIRST AID

(a) Question regarding General Health.

(b) Practical Note Book containing Sketches of Playfields, Techniques, Posture, Movement concepts'.

(c) Recognition of selection on the University/Divisional/Provincial/National/ Teams.

(d) Recognition of Social/Community Service.