

19. Health & Physical Education

B.A/B.Sc. Health & Physical Education-II

Total Mark: 100

Appendix 'A' (Outlines of Tests)

Paper-A:	Health Education (Written)	:	75 Marks
Paper-B:	Practical	:	25 Marks

Appendix 'B' (Syllabi and Courses of Reading)

Paper-A: Health Education 75 Marks

1. Meaning of 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, Pite. Skin and
- c) tei.
- d) Dress
- e) Effect of the following on human health
- f) 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:
- d) Influenza, Typhoid, Cholera, Aids.

4. Air

- a) Composition
- b) Circulation.
- c) Pollution.

d) Purification.

5. Human Organism

a) Anatomy and Physiology of the following systems :

b) Muscular System.

c) Respiratory System.

d) 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) Remedial exercises.

9. Massage

a) Utility and importance.

b) Kind of Massage, Aquates, Mud, Manual.

10. First Aid

Definition and importance.

General principles of First Aid.

Signs, Symptoms and First Aid of Fractures, Dislocation, Sprains, Strains, Cramps, Wounds,

Paper-B: Practical**25 Marks**

1	Agilities/stretching/Balancing	10
a	Dive Roll	
b	Head Standing	
c	Hand Standing	
d	Standing Board Jump	
e	Forward Roll	
f	Backward Roll	
g	Spanning	
h	Cart Wheeling	
2	Postural Judgment and Personal Hygiene	10
a	Demonstration and Judgment of Correct Sitting, Standing, Walking and Lying posture	
b	Appraisal of Dress, Hairs, Eyes, Skin, Armpits	
c	Skill in brushing the teeth	
d	Demonstration of Ablution	
3	Viva Voce (Health & Physical Education	5
a	Practical Note Book containing Personal Hygiene, Gymnastic, Posture and Movement concepts	
b	Recognition of selection on the University/Divisional/Provincial/National Teams and Recognition of Social/Community Service	