### Paper-A: Physical Education (Written) 75 Marks

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.

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

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
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<tbody>
<tr>
<td>Hockey</td>
<td>Basket Ball</td>
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<tr>
<td>Volleyball</td>
<td>Volleyball</td>
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<tr>
<td>Football</td>
<td>Hockey</td>
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<tr>
<td>Tennis</td>
<td>Tennis</td>
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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 x 100 meters relay.
(v) Broad jump.
(vi) Throwing the javelin.

9. **Out Door Pursuits:**

Significance and organization of the following:

(b) Rovering (Men).
(c) Senior guides (Women).
(d) Mountaineering.
(e) Hiking.
(f) 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: Practical**

<table>
<thead>
<tr>
<th></th>
<th>Skill Dexterity in Games (for Men &amp; Women)</th>
<th>Marks</th>
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<tbody>
<tr>
<td>1</td>
<td>a  Hockey</td>
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<tr>
<td></td>
<td>b  Football/Basketball</td>
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<td></td>
<td>c  Volley Ball</td>
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<td></td>
<td>d  Tennis</td>
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<thead>
<tr>
<th></th>
<th>Skill Dexterity in Athletics (for Men &amp; Women)</th>
<th>Marks</th>
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<tbody>
<tr>
<td>2</td>
<td>a  100 Meters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b  400 Meters</td>
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<tr>
<td></td>
<td>c  1500 Meters</td>
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</tr>
<tr>
<td></td>
<td>d  4 x 100 Meters relay</td>
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<tr>
<td></td>
<td>e  Board Jump</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f  Throwing the Javelin</td>
<td>10</td>
</tr>
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<thead>
<tr>
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<th>Viva Voce (Health &amp; Physical Education)</th>
<th>Marks</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>a  Practical Note Book Containing Sketches of Playfields, Technique and Athletic Service</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>b  Recognition of Selection on the University / Divisional / Provincial / National Teams and Recognition of Social / Community Service</td>
<td></td>
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