



**THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED**

**Q.1. Answer the following short questions. (6x5=30)**

- i. What is Physical Activity?**
- ii. Define Recreation?**
- iii. Enlist the Basic Characteristics of Recreation?**
- iv. Highlight the Basic Characteristics of a Good Leader?**
- v. Briefly explain the Main Theme of Naturalism Philosophy?**
- vi. Highlight the Psychological Factors Affecting Physical Education ?**

**Q.2. Answer the following questions (3x10=30)**

- i. Define Physical Education? Explain the Scope of Physical Education in Our Daily Life.**
- ii. Define Philosophy? Also explain the Components of Philosophy.**
- iii. Comprehensively explain the Values of Physical Education in Light of Quran and Sunnah ?**