

ASSOCIATE DEGREE IN ARTS
Health & Physical Education-I

Total Mark: 100

Appendix 'A'
(Outlines of Tests)

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

Paper-B: Practical : 25 Marks

Appendix 'B'
(Syllabi and Courses of Reading)

Paper-A: Physical Education: 75 Marks

1. Introduction to Physical Education:
2. Historical Background of Physical Education:
3. Movement Education:
4. Physical Fitness:
5. Safety Education:
6. Religious Rituals and Movement:
7. Games and Sports:
8. Track and Field Athletics:
9. Out Door Pursuits:
10. Recreation:

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) Jihad.

7. Games and Sports:

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

MEN	WOMEN
Hockey	Basket Ball
Volleyball	Volleyball
Football	Hockey
Tennis	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 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

25 Marks

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