

ASSOCIATE DEGREE IN ARTS
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, Alchokol.

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	