



QUAID-I-AZAM UNIVERSITY ISLAMABAD

B.A. Annual Examinations – 2013
(PART – I)

Roll No: _____

Subject: **Health & Physical Education**

Time Allowed: **3 Hours**

Paper: **A (Theory)**

Max Marks: **75**

Note: Attempt any FIVE questions. All questions carry equal marks.

Q. No.1. What is meant by Physical Education? Explain scope of the Physical Education. **(5+10)**

Q. No.2. Explain importance of Physical Education with reference to Hajj. **(15)**

Q.No.3. Write down notes on the following with reference to Hockey: **(5+5+5)**

(i) Free Hit (ii) Penalty Corner (iii) Penalty Stroke

Q.No.4. Draw a sketch of Tennis Court along with its full measurements. Also explain the scoring system. **(10+5)**

Q.No.5. Write down the Rules of 4x100 meter Relay Race and Javeline Throw. **(8+7)**

Q.No.6. What is safety education? Write safety measures of the following: **(7+4+4)**

(i) Swimming (ii) Basket Ball

Q.No.7. Write down notes on the following with reference to Basket Ball: **(5+5+5)**

(i) Technical Foul (ii) Three seconds Rule (iii) Free Throw

Q.No.8. Define recreation. Also write down its need and importance in the modern age. **(5+10)**