



# QUAID-I-AZAM UNIVERSITY ISLAMABAD

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

Roll No: \_\_\_\_\_

Subject: **Health & Physical Education**

Time Allowed: **10 Minutes**

PAPER: **A (Practical)**

Max Marks: **25**

**Note:** Q. No.1 and 2 are separate for female and male candidates while Q. No. 3, 4 and 5 are common.

### **For Female Candidates**

**Q. No.1.** Show the service skill in Tennis. (5)

**Q.No.2.** Demonstrate 'Free Hit' in Hockey and 'Chest Pass' in Basket Ball. (5)

### **For Male Candidates**

**Q. No.1.** Demonstrate 'Blocking' in Volley Ball and perform the 'Volley Kick' in Foot Ball. (5)

**Q.No.2.** Demonstrate 'Scooping Pass' in Hockey and 'Dribbling' in Basket Ball. (5)

### **For All Candidates**

**Q.No.3.** Show skills of 400 meter race 'Start and Finish'. (5)

**Q.No.4.** Demonstrate 'Javeline Throw' and 'Long Jump'. (5)

**Q.No.5.** Vive-Voce and Practical Notebook. (3+2)